

UNITED STATES MILITARY ACADEMY

WEST POINT, NEW YORK

PHYSICAL PROGRAM (WHITEBOOK)

AY 06 – 07

OFFICE OF THE COMMANDANT OF CADETS



FOREWORD – *Physical Program (Whitebook)*

The Physical Program is designed to challenge cadets to develop and maintain high standards of physical strength, agility, speed, and endurance needed to meet the demands encountered in military service. The Department of Physical Education implements this comprehensive Program by providing cadets with formal education, competitive sport opportunities, physical fitness testing, and constant evaluation and feedback. This developmental experience culminates with the emergence of leaders of character who are physically fit, have internalized the warrior ethos, and are prepared to lead soldiers from the front.

As a pillar of the tactical design dedicated to developing commissioned leaders of character, the Physical Program is a 47-month transformational development process. The Program is primarily focused on developing the warrior component of officership, while the faculty is committed to service as role models of all components of officership.

The *Whitebook* is designed to describe the Physical Program and its associated resources and requirements. It serves as a reference document that lays out the goals, objectives, components, and requirements of the Program. The Department of Physical Education remains committed to the psychomotor, cognitive, and affective development of cadets in preparation for their service as Army officers.

Thanks to all the members of the Department of Physical Education who contributed to this revision of the *Whitebook*.

GREGORY L. DANIELS
Colonel, Professor, USMA
Master of the Sword



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CHAPTER 1

INTRODUCTION

The Academy mission is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

PURPOSE OF THE WHITEBOOK

The purpose of the *Whitebook* is to describe the components of the Physical Program. This includes the requirements for graduation and commissioning as well as the curriculum, policies, and programs that comprise the 47-month experience.

USMA EDUCATIONAL PHILOSOPHY

The Cadet Leader Development System (CLDS) establishes and defines three principal developmental programs – Physical, Military, and Academic – which provide the organization and process for fulfilling the Academy’s mission of producing commissioned leaders of character. USMA is the only college in the nation whose sole responsibility is to prepare each student for professional service as an Army officer. The Physical Program, like other components of the West Point experience, is designed to foster development in leadership, moral courage, and integrity, which are essential to the profession of arms.

Development along each path is integrated, concurrent, and progressive. The Programs are distinct, yet highly complementary. Each serves to reinforce the fundamental values, ideals, and principles that form the core for leaders of character. Moral-ethical development is integrated throughout all programs that comprise the West Point experience -- the process that transforms cadets into leaders for a lifetime.

The Physical Program is not a stand-alone program. From the first day of a cadet’s West Point experience, it complements the Military Program by introducing physical development and preparing cadets for the physical rigors and endeavors that they will face as future military leaders. In addition, the Physical Program supports the Academic Program by challenging cadets to learn about, internalize, and incorporate the development of the five components of



health-related physical fitness in order to maintain the high standards of personal fitness essential for effective military service.

ACADEMY OUTCOME GOALS¹

The Academy envisions that its graduates will be:

“...commissioned leaders of character who, in preparation for the intellectual and ethical responsibilities of officership, are broadly educated, professionally skilled, moral-ethically and physically fit, and are committed to continued growth and development both as Army officers and as Americans.”

In support of this overarching goal, graduates must:

Understand:

- The profession of arms and the application of a broad liberal education in the arts and sciences to that profession
- The ideals of the American Constitution and the responsibilities of commissioned officers to its defense
- The values and ethical standards of the United States Army -- *The Professional Military Ethic*

Demonstrate:

- Personal devotion to the duties of a commissioned officer
- Intellectual curiosity, imagination, and creativity
- An ability to act rationally and decisively under pressure
- Mastery of the basic military and physical skills required for entry into commissioned service
- Inspiration and motivation to lead American soldiers in war and peace -- leadership characterized by a *winning spirit*
- An ability and motivation to achieve and sustain unit climates that are conducive to military effectiveness and professional excellence
- Personal commitment to the selfless standards of officership within the United States Army

The developmental systems and programs at the Military Academy will be structured to contribute to instilling these characteristics in each of its graduates.

¹ Strategic Vision For the United States Military Academy -- 2010



ACCREDITATION

The United States Military Academy is accredited by the Commission on Higher Education of the Middle States Association of Colleges and Schools, 3624 Market Street, Philadelphia, PA, 19104; 215-662-5606. The Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Commission on Recognition of Postsecondary Accreditation.

DEPARTMENT OF PHYSICAL EDUCATION VISION STATEMENT

The Department of Physical Education creates a cadet centered educational environment that provides a militarily relevant and scientifically based physical development program which instills a warrior ethos of physical and mental superiority.

DEPARTMENT OF PHYSICAL EDUCATION MISSION

The Department of Physical Education develops warrior leaders of character who are physically and mentally tough by engaging cadets in activities that promote and enhance the warrior ethos, physical fitness, movement behavior, psychomotor performance, and a healthy lifestyle.

PHYSICAL PROGRAM GOALS

Outcome Goals: Graduates must demonstrate

- The knowledge, skills and abilities to promote and maintain physical fitness and wellness for themselves and their soldiers.
- The moral-ethical attributes essential for effective leadership.
- The physical and mental courage needed to accomplish challenging tasks.
- A personal and professional commitment to participation in physical activity throughout their military career.

Process Goals: The Department of Physical Education will

- Provide a professional faculty that inspires and motivates cadets through teaching excellence, physical development, leadership and scholarship.
- Provide USMA and the Army with expertise and research on physical development.
- Educate cadets in the art and science of applied human movement.



- Develop and maintain an environment that facilitates the physical and moral-ethical development of future Army leaders.
- Attain Program goals by affording cadets movement opportunities that develop effective teamwork, social interaction, enjoyment and self-expression.
- Provide a pro-active, comprehensive risk-management strategy for all Program activities.
- Provide the necessary resources to accomplish all Program goals.

PHYSICAL PROGRAM OBJECTIVES

- Develop cadets to be leaders through a challenging Physical Education and Sport Education Program.
- Provide cadets with positive moral-ethical training and developmental opportunities.
- Develop in cadets the qualities of initiative, courage, confidence, teamwork, self-sacrifice, physical toughness, and the will-to-win.
- Develop in cadets a working knowledge of exercise science.
- Develop optimal cadet physical fitness in a sequential, developmental, and progressive four-year program.
- Teach cadets lifetime fitness and activity skills and knowledge.
- Maintain a professional teaching faculty that leads by example and conducts scholarly activities related to teaching, exercise science, sports medicine, and physical development.

DEPARTMENT OF PHYSICAL EDUCATION ORGANIZATION

The department is organized into four directorates: 1) Education, 2) Operations, 3) Resources, and 4) Research, Assessment and Outreach.

CONCEPT FOR PHYSICAL DEVELOPMENT

The Physical Program supports all Academy Outcome Goals with a special emphasis on the goal that graduates should exhibit “mastery of the basic military and physical skills required for entry into commissioned service.”²

An effective Physical Program provides future leaders with the experiences and activities that develop physical skills, self-confidence, physical and mental toughness, the warrior ethos, respect for fair play, and a commitment to maintain individual and unit physical fitness. The Physical Program includes physical activity instruction, physical fitness evaluation, and the competitive sports program. The Physical Program focuses on skill acquisition, developing physical fitness, promoting Army values, teamwork, perseverance, and instilling in cadets the

² Strategic Vision For the United States Military Academy -- 2010



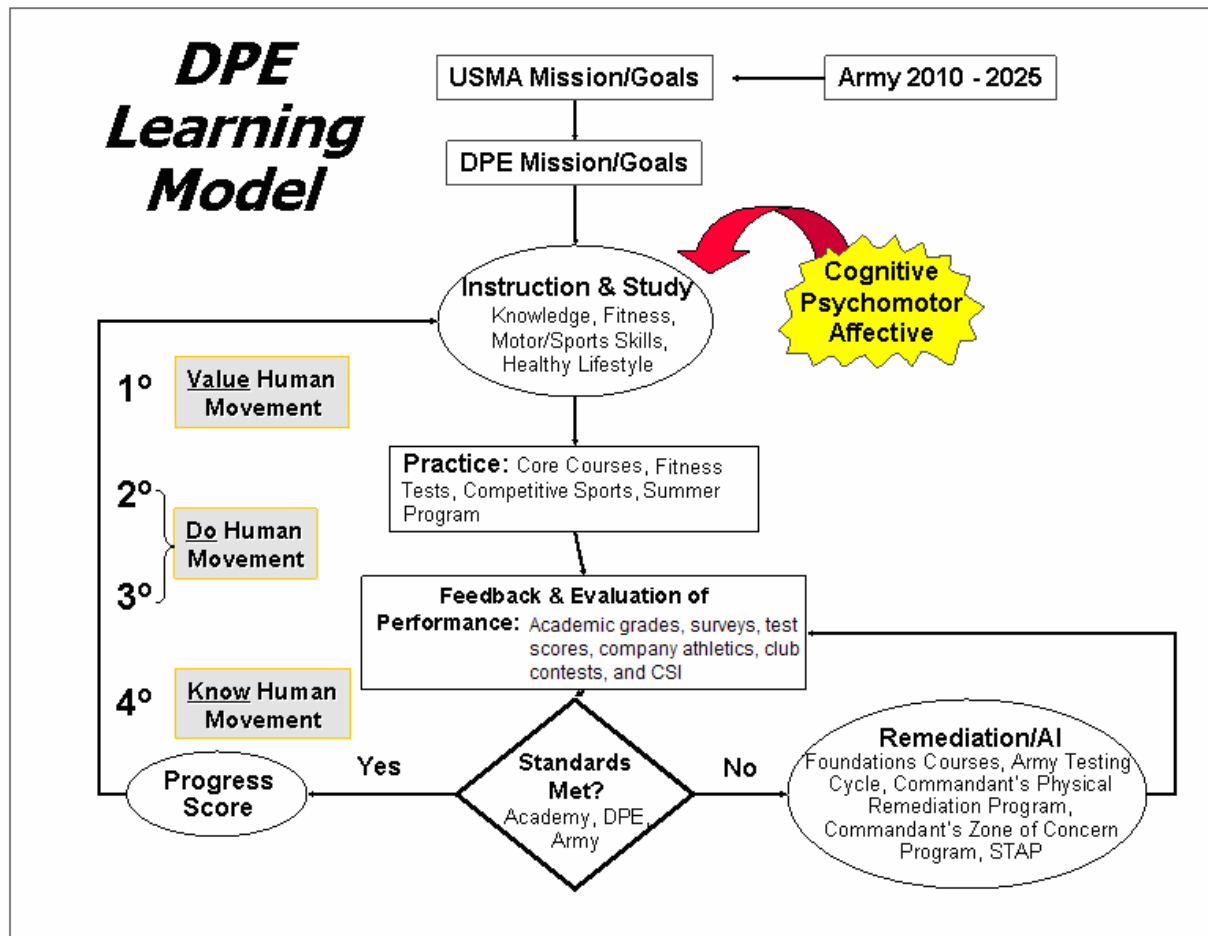
will-to-win. Physical development is a lifelong pursuit and fundamental to each cadet's development as a future Officer.

Cadets are challenged to achieve high standards in the areas of muscular strength and endurance, cardio-respiratory endurance, coordination, balance, and agility in order to meet the physical demands encountered in military service. They improve these health and skill-related components of physical fitness through participation in a comprehensive program of physical activity instruction, competitive sports, and frequent physical fitness evaluation. Physical activity instruction includes Combatives, Aquatics, Basic Movement, Fitness Leader I and II courses, and a variety of lifetime sports. Furthermore, every cadet is an athlete and must participate in at least one of three competitive sport levels (company, club, or corps squad) during each academic term.

Participation in competitive sports is intended to significantly contribute to the moral-ethical and leadership development of cadets. By providing an environment in which Army values are reinforced and the principles of fair play are promoted, cadets learn how to "win the right way" which has great transfer potential in preparing them to be Officers. Fair play initiatives focus on demonstrating respect for the rules as well as one's opponent, coaches, officials, and teammates.

The Physical Program contributes not only to the psychomotor and cognitive domains, but also to the affective domain. Cadets are exposed to challenging skills and activities which have the potential to increase their self-esteem, self-confidence, determination, will-to-win, courage to take calculated risks, and ability to think and act purposefully under physical and emotional stress.

Because Army officers are required to maintain the highest standards of physical readiness, promoting individual responsibility for physical fitness is essential. Cadets must proactively engage, with some educational guidance, in frequent and rigorous conditioning activities in order to succeed in the Physical Program. This success will ultimately help cadets meet the requirements of Officership (DPE Learning Model, Figure 1-1.) The Program has integrated each of the educational domains in order to attain the Program's goals.





OVERVIEW OF THE PHYSICAL PROGRAM

The Physical Program is a 47-month educational experience that begins on Reception Day when a new cadet enters Cadet Basic Training and ends on Graduation Day when the cadet is commissioned as a Second Lieutenant in the United States Army. The Physical Program is comprised of three complementary components: instructional coursework, physical fitness testing, and competitive sport participation (Figure 1-2). Cadets are evaluated annually in each component, which is reported in the form of a Physical Performance Score (PPS).

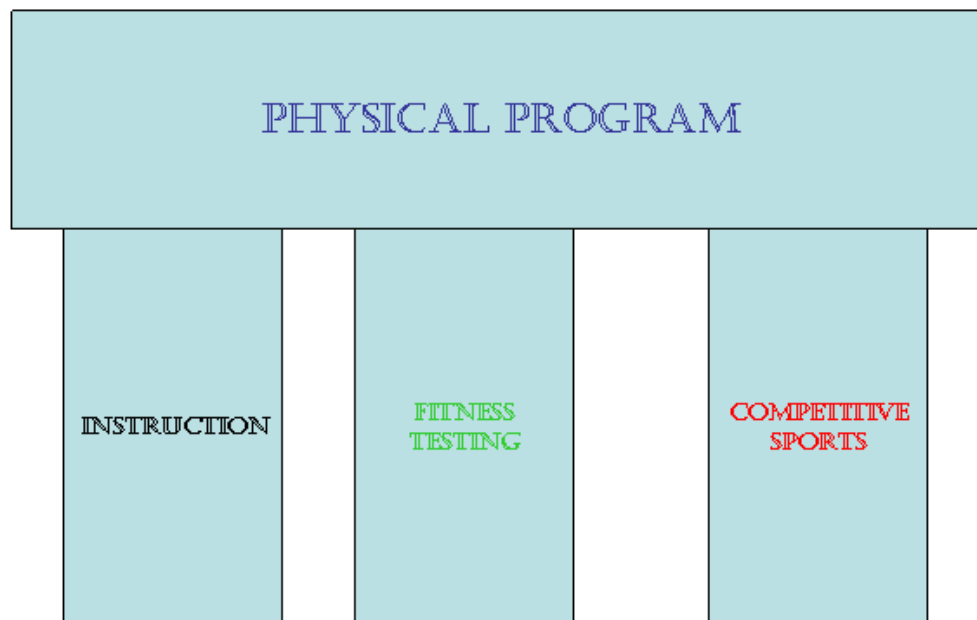


Figure 1-2



The Physical Program is based on the premise that physical development occurs through progressive and sequential experiences that include the cognitive, psychomotor, and affective domains. The initial phase of the Physical Program focuses on the development of skills and principles of basic sport-movement patterns and physical fitness. Included in this phase is an emphasis on moral-ethical behavior, fear management, and the introduction of the warrior ethos. As cadets progress through the program, greater emphasis is placed on applying basic skills and knowledge to a military environment. This process is particularly evident in the two-course Fitness Leader sequence that begins by focusing on individual wellness and physical fitness and culminates with a capstone experience in unit fitness.

The Department of Physical Education has established specific goals that complement USCC and USMA goals. Table 1-1 illustrates where the Physical Program Goals are achieved within the Physical Program.

PHYSICAL PROGRAM GOALS	PROGRAM COMPONENTS				
	Basic Skill Instruction	Cadet Summer Training	Lifetime Sport Instruction	Fitness Leader Instruction	Competitive Sports
Leaders Who Promote Fitness		X	X	X	X
Moral-Ethical Development	X	X	X	X	X
Lifetime Commitment to Physical Activity	X	X	X	X	X
Knowledge of Exercise and Movement Science	X			X	
Physical and Mental Courage	X	X	X		X

Table 1-1



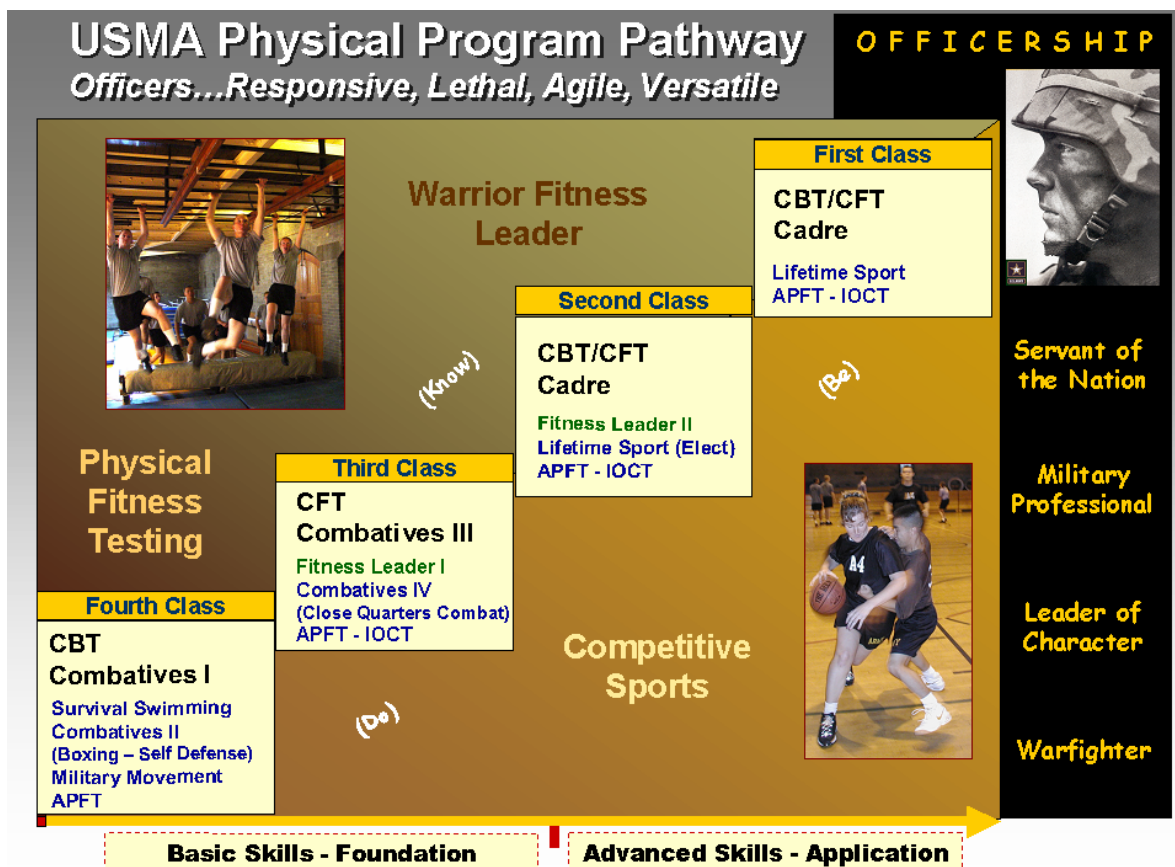
WHAT CONSTITUTES A COURSE?

Each course is designed to contribute to the accomplishment of specific program objectives. A course must have the following characteristics to be included on a cadet's academic transcript for academic credit:

- *Course objectives require new learning experiences.* Learning involves a change in capabilities or dispositions that can be attributed to experience. The word "change" used in this context refers to a student acquiring a new capability or disposition – what they know (knowledge), how they use what they know (intellectual skills), how they think, what they can do (physical skills), or what they value (attitudes and values). Change under these guidelines does not involve maintenance of already acquired capabilities. A course of instruction is the purposeful arrangement of experiences designed to facilitate intended change in students' capabilities or dispositions, which is represented by course guidelines. The extent of that change is measured through consistent evaluation throughout the course.

INSTRUCTIONAL PATHWAY

The Instructional Program is accomplished through participation in the Basic Instruction Program (BIP), Fitness Leader I and II, and a variety of Lifetime Sport (LTS) courses. The BIP courses consist of Survival Swimming, Boxing (M), Self Defense (W), Military Movement, and Close Quarters Combat. The LTS program is designed to stimulate individual development through participation in a wide variety of physical activity classes such as rock climbing, tennis, alpine skiing, cycling, and SCUBA. Figure 1-3, located below, illustrates the 47-month Physical Program pathway.





Instruction

The Academic Year is divided into two semesters (Term I and Term II). DPE further divides each eighteen-week term into two nine-week rounds. BIP, LTS, and Fitness Leader courses consist of 20 lessons (55 minutes each).

Fitness Testing

Cadets are responsible for developing and implementing a personal physical fitness program while at USMA. This process is promoted through a variety of instructional, leadership, and assessment activities which include:

- Cadet Basic Training (CBT) for Fourth and selected First and Second Class cadets.
- Cadet Field Training (CFT) for Third and selected First and Second Class cadets.
- PE 311 – Fitness Leader II for Second Class cadets.

The fitness testing program in DPE is designed to evaluate a cadet's progress toward achieving a high level of motor and physical fitness. Cadets are required to take the APFT each academic term and the IOCT during Third, Second, and First Class years. Fourth Class cadets are introduced to and evaluated on the IOCT as part of PE 117 – Military Movement. These tests are designed to monitor progress toward Physical Program goals and to inspire cadets to achieve a high level of physical fitness. In addition to the annual APFTs and IOCT, the health-related components of fitness are assessed and embedded in the core curriculum in the Fitness Leader I and II courses (Chapter 2).

Competitive Sports

In addition to developing basic movement and fitness skills through instructional coursework and testing, all cadets are required to participate in the competitive sports program. There are three levels of competition; company athletics, competitive club teams, and corps squad (intercollegiate level). Every cadet must participate in a competitive sport during each academic term. Cadets receive a Competitive Sports Index (CSI) grade for competitive sports (Chapter 4 and USCC Circular 28-1).

PHYSICAL PROGRAM BASELINE REQUIREMENTS

Baseline requirements are those activities that all cadets must complete in order to satisfy the requirements of the Physical Program for graduation and commissioning purposes. They are established for all cadets and are met through participation in instructional courses, testing, competitive sports and cadet summer training. Requirements are listed in Table 1-2.



	SUMMER	ACADEMIC YEAR
FOURTH CLASS	Cadet Basic Training (CBT) Combatives I	PE 110/113 - Survival Swimming PE 115 – Fundamentals of Combatives (W) PE 116 - Boxing (M) PE 117 - Military Movement APFT (Fall) + APFT (Spring) Competitive Sports (Fall and Spring)
THIRD CLASS	Cadet Field Training (CFT) Combatives III	PE 211 - Fitness Leader I PE 212 – Close Quarters Combat APFT (Fall) + APFT (Spring) IOCT Competitive Sports (Fall and Spring)
SECOND CLASS	CBT/CFT Detail	PE 311 – Fitness Leader II APFT (Fall) + APFT (Spring) IOCT Competitive Sports (Fall and Spring)
FIRST CLASS	CBT/CFT Detail	PE 412/451 - Lifetime Sport APFT (Fall) + APFT (Spring) IOCT Competitive Sports (Fall and Spring)

Table 1-2

GRADUATION REQUIREMENTS

To graduate from the United States Military Academy, a cadet must meet the following requirements:

- successfully complete all required Physical Program academic coursework
- achieve the minimum passing score on the final term Graded Record APFT (1°)
- meet the four-year Competitive Sport requirement

The Commandant will forward the names of cadets who are deficient in one or more program components to the Academic Board for final resolution.



COMMISSIONING REQUIREMENTS

Commissioning requirements include all of the graduation requirements. A cadet must also meet AR 600-9 standards. Cadets who do not meet body fat standards by the date of commissioning may not be commissioned on time with their class.

Weight Control Program (AR 600-9)

The weight control program is administered by the Brigade Tactical Department. All cadets must meet Army height and weight standards based on age and gender. If a cadet fails to meet the height/weight standards, percent body fat is measured to determine if the cadet is over the body-fat standard. A cadet who fails to maintain AR 600-9 standards will be counseled by his/her chain of command, and failure to remediate a body-fat problem may ultimately result in a recommendation for separation by the cadet's chain of command.

PHYSICAL EDUCATION COURSES

The field tables below describe the curriculum for the four cadet classes. Additionally, cadets are expected to spend three hours a week of their time in fitness activities in order to maintain an acceptable fitness level.

Fourth Class Year

- Complete the following course during Cadet Basic Training (CBT):

Course #	Course Title
PE 105	Combatives I

* NOTE: Failure to meet basic aquatic screening standards requires a cadet to complete the following course during Term I:

Course #	Course Title
PE 109	Aquatic Foundations

- Complete one of the following four aquatic courses:

Course #	Course Title
PE 110	Survival Swimming - Elementary
PE 111	Survival Swimming - Low
PE 112	Survival Swimming - High
PE 113	Survival Swimming - Advanced



- Complete one of the following courses:

Course #	Course Title
PE 115	Combatives II – Fundamentals of Combatives - (W)
PE 116	Combatives II - Boxing - (M)

- Complete the following course:

Course #	Course Title
PE 117	Military Movement

Third Class Year

- Complete the following course during Cadet Field Training (CFT):

Course #	Course Title
PE 205	Combatives III

- Complete the following two courses:

Course #	Course Title
PE 211	Fitness Leader I
PE 212	Combatives IV - Close Quarters Combat

Second Class Year

- Complete the following course:

Course #	Course Title
PE 311	Fitness Leader II

- Cadets may choose to participate in a Lifetime Sports Elective, PE 412-451.

First Class Year

- Complete at least one Lifetime Sport:

Course #	Course Title
PE 412-451	Lifetime Sports

- Cadets may choose to participate in the following elective:

Course #	Course Title
PE 490	Topics in Exercise and Sport Science



CHAPTER 2

INSTRUCTION

The Instructional Division is responsible for the instruction, supervision and administration of all core basic activity courses, the Fitness Leader series, and elective lifetime sport courses, as well as support for faculty development, facilities and equipment. The Instructional Division's objectives guide all curricular decisions and provide the requisite framework for designing and implementing an effective and meaningful assessment process. Significant curricular changes must adhere to DPOM 5-5. The Instructional Division's Objectives serve to link the Physical Program Goals to the specific objectives of all courses within the Physical Education curriculum.

INSTRUCTIONAL DIVISION GOALS

Outcome Goals:

As a result of participation in the instructional physical education program and summer training, cadets will:

- Demonstrate proficiency in a wide range of movement skills with a focus on military applications.
- Demonstrate knowledge of the principles and applications of physical fitness to personal and unit fitness.
- Demonstrate a level of physical fitness commensurate with expectations for cadets.
- Demonstrate knowledge of the principles of wellness and their application to a healthy lifestyle.
- Demonstrate physical courage to accomplish difficult tasks in fearful situations.
- Demonstrate knowledge and skills of recreational and competitive activities to promote lifetime participation.
- Demonstrate sportsmanship and a competitive spirit in physical activities.

Process Goals:

- Provide cadets with a series of physical fitness assessments that measure individual status and progress.
- Provide an effective, positive learning experience for cadets.
- Provide the resources and facilities necessary for effective teaching and learning for cadets.
- Provide oversight for the physical development of all cadets.
- Recruit, develop and retain a qualified, professional faculty.



SECTION I: FOURTH CLASS PROGRAM

The Fourth Class instructional program ensures that each cadet achieves baseline competencies in movement, aquatic, and combatives skills. In the Fourth Class program cadets develop the self-confidence to meet the future physical requirements of the United States Military Academy and the Army. All cadets are required to achieve a passing grade in PE105 Combatives I (Cadet Basic Training); PE117 Military Movement; PE 110-113 Survival Swimming; PE115 Combatives II, Fundamentals of Combatives (women only); PE116 Combatives II, Boxing (men only). All DPE basic instruction courses meet for 55 minutes for 20 lessons. In addition to instructional coursework, every cadet must pass the Army Physical Fitness Test (APFT) and participate in a competitive sport (company athletics, competitive club team, or corps squad) during each academic term.

PE 105 - COMBATIVES I

0 Credit Hours

Prerequisite: None

Scope

Combatives I, a 4-hour block of instruction taught during Cadet Basic Training, introduces cadets to the basic movement skills of blocking, striking, and kicking required for survival in unarmed combat. Instruction fosters the development of an aggressive, combat mindset and increases new cadets' confidence in their ability to defend themselves in a combative situation.

PE 109 – AQUATIC FOUNDATIONS

.5 Credit Hours

Prerequisite: None

Scope

Aquatic Foundations is an introductory swimming exploration course designed to prepare non-swimmers for success within the more comprehensive Survival Swimming Program. The curriculum is arranged sequentially to assist cadets with acquiring entry level experiences with regard to rudimentary aquatic exposure, and to gradually refine the basic motor skills needed to be comfortable, safe, and effective, while engaged in and around the aquatic environment.



SURVIVAL SWIMMING

The Survival Swimming Program of Instruction (POI) is divided into a two tract curricular emphasis with a focus on basic swimming and combat/survival swimming. Emphasis within all levels is focused on the military applications of swimming and survival skills, to include elements of breath control, buoyancy positions, basic stroke development, and condition specific aquatic competency. Grading is primarily based on criterion-referenced scales in basic and survival swimming skills. Cadets are assigned to ability group sections based upon performance on a 150-yard swim test administered during Cadet Basic Training.

PE 110 - SURVIVAL SWIMMING - ELEMENTARY

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-Elementary course is designed to develop aquatic proficiency for cadets who swam 150 yards in 4 minutes or more on their initial entry swim classification test.

PE 111 - SURVIVAL SWIMMING - LOW INTERMEDIATE

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-Low Intermediate course is designed to develop aquatic proficiency for cadets who swam 150 yards between 3 minutes 16 seconds and 3 minutes 59 seconds on their initial entry swim classification test.

PE 112 - SURVIVAL SWIMMING - HIGH INTERMEDIATE

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-High course is designed to develop aquatic proficiency for cadets who swam 150 yards between 2 minutes 30 seconds and 3 minutes 15 seconds on their initial entry test.



PE 113 - SURVIVAL SWIMMING - ADVANCED

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-Advanced course is designed to develop aquatic proficiency for cadets who swam 150 yards in less than 2 minutes 30 seconds on their initial entry swim classification test.

PE 115 - COMBATIVES II: FUNDAMENTALS OF COMBATIVES (Women)

.5 Credit Hours

Prerequisite: None

Scope

An entry level combatives course that will introduce and develop stand-up combatives skills for the female soldier. Appropriate responses to aggression will be taught through a graduated approach. Cadets will learn to strike and kick with power and to close with the enemy. Realistic techniques on the ground will be covered focusing on wartime needs. Body mechanics and aggressiveness will be stressed as the female soldier is likely to be outweighed by her enemy.

PE 116 - COMBATIVES II: BOXING (Men)

.5 Credit Hours

Prerequisite: None

Scope

An entry level course that teaches the offensive and defensive skills of boxing. Course content includes stance, movement, basic punches (i.e. jab, cross, hook, and upper cut), defenses, strategies, and tactics. Instruction on refereeing, judging, and serving as a corner second are presented. Participants are assessed and provided feedback on their ability to box in an authentic environment. The course exposes boxers to the affective coping strategies necessary to deal with physical threat.

PE 117 - MILITARY MOVEMENT

.5 Credit Hours

Prerequisite: None

*Scope*

Military Movement exposes cadets to a variety of basic movement skills and activities. The course serves as a basis for many other athletic and military activities that cadets will encounter during their time at USMA as well as in their Army career. Focus is placed on applied movement tasks, fear management, muscular fitness and motor fitness. Cadets are required to demonstrate a variety of relevant skills from within the general themes of rolling, hanging, climbing, crawling, jumping, vaulting, landing, mounting, supporting and swinging. In addition, the environment where a skill is performed is changed or modified to challenge the cadet and broaden the movement experience. Movement environments are designed around specific events such as tumbling, vaulting, vertical ropes, horizontal ropes, rock climbing, the indoor obstacle course test (IOCT), horizontal bars, elephant vault, ankles to the bar (ATB), chin-ups, and trampoline.

SECTION II: THIRD CLASS PROGRAM

The Third Class instructional program is designed to enhance physical readiness, self-confidence and personal wellness. Cadets are required to achieve a passing grade in PE 211 Fitness Leader I, and PE 212 Combatives IV – Close Quarters Combat. The Combatives emphasis during the Third Class year serves to prepare cadets for ground grappling and situational self-defense. The Fitness Leader I course provides knowledge of health-related issues and applications of exercise physiology. In addition to the instructional coursework, every cadet must participate in a competitive sport (company athletics, competitive clubs, intercollegiate) during each academic term, take a Fall and Spring APFT, and take the IOCT.

PE 205 - COMBATIVES III

0 Credit Hours

Prerequisite: None

Scope

Combatives III, a 4-hour block of instruction conducted during Cadet Field Training, reinforces the basic movement skills of blocking, striking, and kicking taught in Combatives I and Combatives II. Cadets are also taught skills in falling, throws, take-downs, and situational self-defense techniques needed for survival in unarmed combat. Instruction also continues the development of an aggressive, combative mindset and increases cadets' confidence in their ability to more thoroughly defend themselves in a combative situation.

**PE 211 – FITNESS LEADER I**

1.5 Credit Hours

Prerequisites: None

Scope

The purpose of this course is to introduce the dimensions of wellness and personal fitness that define a healthy lifestyle. By empowering cadets with the knowledge and skills to shape their personal well-being, they should develop a sense of self-responsibility for a lifetime of fitness and wellness for themselves and their soldiers. This course is Part I of a two-course Fitness Leader sequence.

PE 212 - COMBATIVES IV - CLOSE QUARTERS COMBAT

.5 Credit Hours

Prerequisites: PE 115 or 116

Scope

Close Quarters Combat is a gender integrated course in which students are exposed to offensive and defensive skills in all Close Quarters Combat ranges. Cadets learn strategies and tactics needed to avoid or neutralize a physical assault. Students are evaluated on their demonstration of required skills and their performance in simulated combat/self defense scenarios. The course is designed to increase a cadet's confidence in his/her ability to close with and destroy the enemy.

SECTION III: SECOND CLASS PROGRAM

The Second Class instructional program is designed to ensure that cadets develop an optimum level of physical fitness and understand the principles and theories that lead to a healthy, active lifestyle. Cadets are required to achieve a passing grade in PE 311, Fitness Leader II, and may choose to take an elective (PE 412-PE 451) Lifetime Sport. Fitness Leader II focuses on the theory and applications for developing physical fitness and leading a healthy, active lifestyle. Cadets learn to apply the knowledge gained on personal fitness to soldiers within a unit setting. In addition to the instructional coursework, every cadet must participate in a competitive sport (company athletics, competitive club, or intercollegiate) during each academic term, take a Fall and Spring APFT, and take the IOCT.



PE 311 – FITNESS LEADER II

1.5 Credit Hours

Prerequisite: PE 211

Scope

Fitness Leader II focuses on the five components of health related fitness, principles of fitness training, and their application for developing physical fitness and leading a healthy, active lifestyle. Cadets learn to apply the knowledge gained to their personal fitness and to the soldiers in their unit. The emphasis is on applied physiology and military applications, and includes the development of a personal fitness program as well as discussion on unit fitness training. This course is Part II of a two-course Fitness Leader sequence.

PE 412 - 451 - LIFETIME SPORT (ELECTIVE)

The Upper-class Lifetime Sports (LTS) Program is designed to develop a foundation of skills, knowledge, and personal attributes, which will enable cadets to successfully participate in lifetime sports, provide motivation for continued improvement and establish a pattern of physical activity for a lifetime. Enrollment in one DPE Lifetime Sport (PE 412-PE 451) is mandatory for all First Class cadets. First Class cadets may elect to enroll in additional Lifetime Sports courses beyond the one course requirement. Second Class cadets may also elect to enroll in DPE Lifetime Sports (PE 412-PE 451).

PE 412 - Advanced Close Quarters Combat

.5 Credit Hours

Prerequisite: PE 212

Scope

This course introduces the use of weapons in close quarters combat and fosters the development of a combat survival-oriented mindset. Course content includes: advanced striking, kicking, joint locking, and choking techniques; basic knife and stick fighting techniques; unarmed defense against knives, clubs, or handguns; sentry takeout techniques and police search procedures. Grading is based on cadets' performance in a variety of simulated combative scenarios.

PE 413 – Combatives Instructor Certification – Level I

.5 Credit Hours

Prerequisite: PE 212

Scope



This course is designed to certify cadets to teach U.S. Army Level I Combative Skills. The course establishes a foundation of basic unarmed combative grappling skills and the knowledge of affective management and attitudes that prepare a soldier to engage and defeat an enemy in close quarters combat (CQC). The course focuses on 15 basic grappling skills. Cadets are evaluated on their demonstration of required skills and their knowledge of the technical points of each of the required skills. The course is designed to increase students' confidence in their ability to defend themselves and foster the development of a combative-survival mindset. Successful completion of the course results in a certification as a Skill Level I Combatives Instructor.

PE 414 – Aerobic Fitness

.5 Credit Hours

Prerequisite: Grade of B or greater in PE110/111/112 or permission from the instructor.

Scope

The Aerobic Fitness course (PE414) provides cadets with information and experience to create and conduct physical training in numerous fitness activities including those listed as alternate APFT events in FM 21-20. Cadets will participate in a variety of activities including running, cycling, swimming and mountain biking. The principles of exercise physiology taught in PE 311, Fitness Leader II, are applied throughout the course as students design and participate in various aerobic conditioning assessment activities. Multiple activities will be combined into one event in order to introduce cadets to multi-sport training and competition. Successful completion of the course results in registration with USA Triathlon as a "Registered Triathlon Leader" in preparation for certification as a Level 1 coach. Grading for the course is based upon performance, participation, a written logbook and a final examination.

PE 416 - Basketball

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide cadets with the skills and knowledge necessary for playing, coaching, and officiating basketball. It is intended to assist students in developing fundamental skills for playing as well as nurturing an appreciation for basketball as a lifetime sport. A variety of offensive and defensive team strategies are taught. In addition, the leadership skills of coaching and officiating basketball will be learned. Grading for the course is based upon an officiating practical exercise, demonstrated individual skills, performance on the James Naismith Basketball Obstacle Course, instructor's assessment of each cadet's game performance and a written term end exam.



PE 418 - Cycling

.5 Credit Hours

Prerequisite: None.

Scope

Cycling is designed to take the beginner through a progressive program of training and instruction to include proper mounting, balance, turning, ascending, and descending individually and in a group. The course labs are hands-on and focused on learning through practical application and drills on the bike. All riders are also introduced to basic bike maintenance and required to demonstrate baseline skills in preventative maintenance checks and services (PMCS). Classroom instruction is focused on the introduction of cycling principles and as a feedback forum for the riding lessons.

PE 420 - Emergency Water Safety

.5 Credit Hours

Prerequisite: B- or greater in Plebe Survival Swimming and/or a demonstrated proficiency in a prerequisite skills test administered during lesson one.

Scope

The purpose of this course is to introduce cadets who are already proficient swimmers to first responder training in methodologies generic to Water Rescue, CPR, and Emergency First Aid. Cadets are exposed to a variety of distress and drowning scenarios, and will be able to demonstrate strategies and site specific response techniques essential to safely performing a water related assist and/or rescue. Course focus is on military application in both still water and theatre specific environments, with a special emphasis on emergency management protocol. Written evaluation, five skill-specific performance components, and successful completion of two comprehensive exit scenarios are required for successful course completion.

PE 421 – Lifeguard Training

.5 Credit Hours

Prerequisite: B- or greater in Plebe Survival Swimming and/or a demonstrated proficiency in a prerequisite skills test administered during lesson one.

Scope

This course focuses on a holistic approach to the duties and responsibilities of a trained professional lifeguard and exposes cadets to key elements and strategies related to accident prevention, surveillance methodology, and performance. Additional content and activities focus on emergency response, search and rescue, and duty specific incident/accident management.



Cadets who successfully complete certification requirements may obtain professional accreditation/licensure in Lifeguarding, CPR/PR, Oxygen Administration, and Automated External Defibrillation (AED). Additional accreditation/licensure may also be available in both Open Water and Water Park Lifeguarding. Written evaluation, four skill-specific performance evaluations, and successful completion of three comprehensive exit scenarios are required for successful course completion.

PE 422 – Aerobic Exercise to Music

.5 Credit Hours

Prerequisite: None

Scope

Using music as the controlling factor, this course will give participants an opportunity to experience different modalities of exercise such as high/low impact, step, kickboxing, circuit training, spinning and water exercise in a group exercise setting. Participants will be assessed on knowledge of applicable fitness principles, exercise safety, and lesson construction.

PE 424 - Golf

.5 Credit Hours

Prerequisite: None. Golfers who consistently score 110 or less should not enroll in this class.

Scope

This course is designed to provide the beginner and novice golfer with the skills, knowledge, and techniques needed to play golf. The basic techniques taught are the full swing, pitching, chipping, and putting. Course grading is based upon a series of skill tests, a written examination, and a golf swing analysis.

PE 425 - Handball

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide the beginning handball player with the skills necessary for playing the physically active, competitive game of handball. Basic handball skills are introduced. The strategy and techniques of playing singles and doubles are taught. Grading is based on a timed drill, a written test, a round robin tournament and a demonstrated level of individual skills.

PE 426 - Ice Skating

.5 Credit Hours



Prerequisite: None. Cadets with previous figure skating or ice hockey experience are not permitted to enroll in this course.

Scope

This course is designed to provide cadets with little or no previous skating experience with the basic skills necessary to safely participate as a recreational ice-skater. The forward and backward stroke, snow plow, "T" stop, hockey stop, and forward and backward crossovers are presented. Grading is based upon the cadet's ability to demonstrate the skills taught during the course.

PE 427 - Judo

.5 Credit Hours

Prerequisite: PE 212

Scope

The purpose of this course is to introduce judo as a competitive sport and the application of judo skills for self defense and combatives training. The course content will include falling skills and basic throwing, pinning, and submission skills. Judo customs, courtesies, terminology, and competitive rules will be introduced. Students will gain an entry level knowledge and understanding of the basic skills, safety concerns, and rules needed to participate in competitive Judo. Students will be graded on a demonstration of basic skills and knowledge of competitive rules and terminology.

PE 428 – Pickleball/Badminton

.5 Credit Hours

Prerequisite: None

Scope

This is an 18 lesson course featuring nine lessons of Pickleball and nine lessons of Badminton. Pickleball is a sport played by two, three, or four people on a court 20'0" x 44'0" in size. Pickleball uses a wooden paddle and whiffleball and is very similar to tennis. The course focus is on the rules of play and basic skill development of service and service return, forehand and backhand drive, volley and half-volley, drop shot, lob, and overhead smash. Additional instruction in basic strategy and tactics is provided.

Badminton is a sport played by two, three, or four people on the same size court as pickleball. Badminton uses a lightweight strung racquet and shuttlecock (birdie). The course focus is also on the rules of play and basic skill development of service and service return, forehand, backhand, drop shot, lob, and overhead smash. Offensive and defensive strategy and tactics are also provided.

*PE 429 - Racquetball*

.5 Credit Hours

Prerequisite: None

Scope

This course introduces the basic skill and strategy fundamentals of racquetball. Cadets learn to identify and demonstrate the basic fundamentals of: personal playing safety; rules of play; serve and serve return skills; forehand and backhand stroke techniques; kill, passing, and defensive shots; offensive and defensive strategies. Grading is determined by performance on two skills tests (rally test and ceiling shot test), and a written final exam.

PE 430 - Rock Climbing

.5 Credit Hours

Prerequisite: None

Scope

This course develops fundamental rock climbing skills, techniques and safety awareness. It introduces basic rock climbing systems, rappelling, belaying, knots, top roping, and assorted climbing skills. Course grading is based on climbing skills, rappelling skills, knowledge of basic rock climbing systems, and the application of judgment and safety practices in various situations.

PE 432 - SCUBA

.5 Credit Hours

Prerequisite: C+ or greater in Plebe Swimming is required to enroll in this course. Cadets already SCUBA certified and cadets on the Cadet Skydiving Team are not permitted to enroll in this course.

Scope

This course is designed to provide cadets with the basic skills and knowledge needed to safely participate in SCUBA diving and pursue certification as a National Association of Underwater Instructors (NAUI) Basic SCUBA Diver. Successful completion of this course leads to Confined Water Certification and the ability to enroll in Open Water training. The requirements of this course include the successful demonstration of skin and SCUBA diving skills, the ability to practice and adhere to safe diving activities, and the completion of a comprehensive, written final examination.

PE 434 - Skiing – Cross-Country

.5 Credit Hours

Prerequisite: None. Advanced skiers are not permitted to enroll in this course.

*Scope*

This course introduces cadets to the basic skills and techniques of cross-country skiing. It emphasizes skill development and the benefits of skiing as a lifetime fitness activity. Cadets are required to successfully demonstrate the diagonal stride, skating, turning, uphill techniques, and downhill techniques. Course grading is determined by instructor, peer and self-assessment of skiing ability and a written examination.

PE 436 - Skiing - Alpine

.5 Credit Hours

Prerequisite: None. Advanced skiers are not permitted to enroll in this course.

Scope

This course is designed to teach beginning skiers to ski with balanced mobility and control in all terrain and snow conditions. Knowledge of skiing equipment, proper body position, stopping, gliding, edging, sliding, turning, and carving is taught. The course grade is based upon ski performance tests administered during the course.

PE 437 – Snowboarding

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide cadets with the basic skills and knowledge needed to safely participate in snowboarding. The course focuses on teaching beginning snowboarders to ride in balance and control in various terrain and snow conditions. Course content includes knowledge of boarding equipment and snowboarding skills such as proper stance and balance, stopping, gliding, edging, turning, carving, and basic freestyle maneuvers.

PE 438 - Soccer

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide cadets with the skills and knowledge necessary for playing both full and small sided soccer. Through the use of mini-games, a variety of individual skill techniques as well as team offensive and defensive strategies are taught. Rules of play, officiating techniques, and baseline methods of coaching are also touched upon. Grading for the course is based upon a written final exam, evaluation of technical abilities and tactical awareness, and tournament play.



PE 440 - Sport Physiology

.5 Credit Hours

Prerequisite: First and Second Class cadets may enroll in PE440 as an elective. First Class cadets on a medical excusal that prevents them from enrolling in any other LTS course may enroll during Term 2, Round 2.

Scope

The objectives of this course are to introduce cadets to applied concepts of Sports Physiology, conduct personal fitness assessments in DPE's Center for Physical Development Excellence facility, and complete an independent study examining a sports physiology issue. The cadet becomes familiar with the varied aspects of Sports Physiology and is able to demonstrate baseline and advanced knowledge of "core principles." Critical thinking and analysis are used in all endeavors. The personal assessments conducted in the lab and the independent study approach provides cadets with insightful physiological information that can enhance their personal fitness performance.

PE 442 - Strength Development

.5 Credit Hours

Prerequisite: None

Scope

This course provides cadets with the knowledge and hands-on experience for conducting a variety of resistance training exercises. Cadets develop the critical skills needed for teaching safe and proper resistance training techniques that will benefit both them and their soldiers. Cadets are assessed in the following areas: demonstrated proficiency performing multi-joint strength exercises, Olympic exercises, and plyometrics. This course is designed to instill a lifetime desire for continued participation in a resistance-type training programs.

PE 444 - Tennis

.5 Credit Hours

Prerequisite: All students must have non-marking court shoes. Advanced tennis players (those who have played on a high school team or in tournament competition) are not permitted to enroll in this course.

Scope

This course is designed to develop basic tennis skills including the forehand and backhand groundstrokes, serve, and volley. Students also learn the basic rules and etiquette of tennis as well as simple singles and doubles strategies. Grading is based on skills tests, an in-class singles and doubles tournament, an observation of a Corps Squad match, and a written final



examination. An optional trip section is offered in the fall to the US Open Tennis Championships in Flushing, NY.

PE 446 - Volleyball

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to teach cadets the fundamentals of volleyball. The individual skills taught are the underhand pass, set, serve, block, and spike. Additionally, the course covers basic defensive and offensive formations, the transition game, officiating techniques, and United States Volleyball Association (USVA) rules. Grading is based on skills testing on the underhand pass, set and serve, a written test, and a round robin tournament.

PE 451 – Current Lifetime Sports

.5 Credit Hours

Prerequisite: Varies depending upon scheduled activity.

Scope

The lifetime sports skills series are experimental credit courses intended to provide cadets an opportunity to learn additional sports skills which can be incorporated into lifetime fitness goals and activities. They further the development of neuromuscular and kinesthetic abilities through the acquisition of and participation in sport skills, and can be part of each cadet's personal fitness program. Specific lifetime sport activities are selected on the basis of current trends, resources, instructor expertise, and cadet needs.

SECTION IV: FIRST CLASS PROGRAM

The purpose of the First Class Physical Education Program is to enhance a cadet's physical fitness, movement and leadership skills. Cadets must complete one Lifetime Sport, PE 412 – PE 451. The DPE Lifetime Sports Program is designed to develop a foundation of skills, knowledge, and personal attributes, which enables cadets to successfully participate in lifetime sports, provides motivation for continued improvement, and establishes a pattern of physical activity for a lifetime. In addition to the instructional coursework, every cadet must participate in a competitive sport (company athletics, competitive club team, or intercollegiate) during each academic term, take a Fall and Spring APFT, and take the IOCT.



PE 412 - 451 - LIFETIME SPORT

First Class cadets are required to enroll in one DPE Lifetime Sport course (PE 412-PE 451). They may elect to enroll in additional LTS courses beyond the one required course.

PE 490 – Topics in Exercise and Sport Science

3.0 Credit Hours

Prerequisite: None

Scope

This elective course provides in-depth study of a special topic in exercise and sport science not offered elsewhere in the USMA curriculum. Course content will be based on the special expertise of a senior DPE faculty member.



CHAPTER 3

TESTING

The Department of Physical Education recommends that all cadets spend at least 45 minutes per day in rigorous physical development and conditioning IAW generally accepted national guidelines. Doing so will prepare most cadets to achieve at least the minimum fitness testing requirements. Passing the APFT is a commissioning requirement, and First Class cadets must pass a spring/final semester Graded Record APFT in order to graduate with their class.

DPE submits proposed dates for all testing requirements for the following academic year to the USCC S3 prior to R-Day. This schedule includes dates for the Fall and Spring Graded Record APFTs, the Corps Spring Graded Record IOCT, and all make-up (APFT and IOCT) test dates. Fall and Spring Corps Squad APFTs, to include Football and SAP tests and all respective make-up dates, are proposed only after consultation with the ODIA Team Operations Officer.

ARMY PHYSICAL FITNESS TEST

All cadets are required to take the APFT in accordance with AR 350-1. Achieving the minimum passing score on the final term Graded Record APFT (1⁰) is a graduation requirement. The test consists of two minutes of push-ups, two minutes of sit-ups, and the two-mile run. Alternate tests are record tests that are given to cadets who possess a valid Cadet Medical Excusal (CME) which precludes them from taking the standard 3-event test. Cadets on medical excusal will pick up a blank PT card and receive a briefing prior to reporting to the DPE Trainer at the medical excusal table. There they will be evaluated by the trainer and assigned a 2-event test (one strength event and one cardiorespiratory event), a make-up 3-event test date (short-term excusals), or an alternate test (long-term medical excusals). The only cadets authorized to take a make-up APFT will be cadets on medical excusal. Alternate tests are listed in Table 3.1.



ALTERNATE TESTS	
1.	2 event test: PU or SU (or modified SU), 2-mile run
2.	PU, SU, 10K Bike
3.	PU, SU, *10-Minute Swim
4.	PU, 10K Bike
5.	SU, 10K Bike
6.	PU, *10-Minute Swim
7.	SU, *10-Minute Swim

*Must have completed PE 110 - 113.

Table 3.1

NOTES:

- To obtain an overall test score on the 300-point scale for a 2-event test, add the point scores for each of the two events and divide by 2. Add this 2-event average score to the two others for the overall test score.
- If a cadet takes an alternate or modified record test, they are not eligible for the APFB.
- A cadet must achieve 100 points in each event in order to be eligible for the extended scale points. The APFT scales are located on the DPE internal website.

Conduct of the Test

On testing day, cadets report through the main field house doors where they are met by the DPE Testing Officer, pick up a blank PT card, and receive a short briefing prior to proceeding to the push-up or sit-up station. Cadets on a valid medical excusal are prohibited from testing, and will report to the medical excusal table after receiving the briefing. There will be four cadets per push-up station: two cadets take the test in the presence of each instructor while two cadets assist in counting. The tester disallows incorrect repetitions by saying "No" and stating the reason for the disallowance. There will be six cadets per sit-up station: three cadets take the test in the presence of each instructor while three cadets assist in counting. The tester disallows incorrect repetitions by saying "No" and stating the reason for the disallowance. At the



conclusion of each two-minute test, the tester records the number of correctly completed push-ups or sit-ups on the cadet's card.

Upon conclusion of push-ups and sit-ups, the accountability officer organizes cadets into groups of 25 to move to the start of the two-mile run course. The accountability officer marks the start time on the cadets' cards and takes the cards to the tables by the north door of the field house. The OIC of the two-mile run starts the cadets. Upon crossing the start/finish line, the OIC of the site states the cadet's time, and a grader records that time on a slip of paper and hands it to the cadet. The cadet takes the paper, finds his/her card on the table by the northeast door, and gives the PT card and slip of paper to the instructor at the turn-in table. The instructor records the finish time, calculates the run time, informs the cadet of his/her time, and asks the cadet to file the card in the appropriate company slot. This completes the test.

Cadets on medical excusal will pick up a blank PT card and receive a briefing prior to reporting to the DPE Trainer at the medical excusal table. There they will be evaluated by the trainer and assigned either a make-up 3-event test date (short-term excusals) or alternate test (long-term medical excusals). Cadets will be tested once their medical excusal has expired and they have been given the appropriate recovery time as defined by USMA and DPE Testing Policy. Specific to USMA, a cadet will be given twice the length of the medical excusal, but not more than 14 days to train for a record make-up APFT. For example, if the medical excusal was short term (i.e. 5 days), the cadet has 10 days to prepare for the APFT once the medical excusal period ends. The 14-day recovery period prior to record testing after a short term medical excusal is specific to cadets at USMA and differs from AR 350-1 and FM 21-20 where regular soldiers are given twice the length of the medical excusal, not to exceed 90 days to prepare for the APFT. The difference between USMA and Army policy recovery timelines stems from the necessity to have a record APFT score that is required for the computation of the overall PPS. Offering up to 90 days (half a semester) for recovery from a short term medical excusal is not feasible in satisfying academic requirements in the USMA environment.

Policy for Army Physical Fitness Test Minimum Standards Failures

The purpose of this section is to establish policy governing the actions to be taken when a cadet fails to satisfy military requirements by failing to meet Army age and gender specific minimum standards on repeated APFTs. IAW AR 350-1, soldiers without medical profiles, who repeatedly fail the APFT, will either be barred from reenlistment (AR 601-280, enlisted soldiers) or processed for separation from the service. AR 210-26, United States Military Academy, provides the authority to separate cadets from the Military Academy for repeated failures of the APFT.

APFT Failures and the 90-Day Retest List

Only APFTs administered by DPE faculty will be considered valid record APFTs. Any cadet who fails an APFT will have up to 90 days to remediate the failure. The cadet will be placed on a 90-day retest roster, which is tracked by the Testing Office, and enrolled in the Commandant's Physical Remediation Program (CPRP). After a minimum enrollment of six weeks, the cadet may elect to take his/her 90-day retest or can remain in the remedial program for the full 90 days.



Cadets who pass the 90-day retest will be removed from the retest roster. However, for purposes of the PPSC, the original failing grade will stand. If a cadet passes a 90-day APFT retest before the end of the Term, he/she will be placed in the Commandant's Zone of Concern Program (CZCP) for the rest of the Term. If the cadet fails the 90-day retest, he/she will remain in CPRP and may be recommended for separation from the Academy. The Testing Office will prepare a separation packet for the Master of the Sword, which will contain a cover letter with all counseling, remedial PT, and physical testing history.

If a cadet is injured while on the 90-day retest roster, he/she will have additional time to remediate as defined by Army policy (FM 21-20 and AR 350-1). An injured cadet will have additional remedial time equivalent to 2 times the length of the profile not to exceed 90 days. This timeline differs from the earlier discussion of providing 2 times the length of the excusal not to exceed 14 days. Cadets who fail a record APFT fall under specific Army policy and may no longer simply owe a Physical Program requirement. Cadets who fail the 90-day record retest may be separated from USMA. A cadet is not authorized to take an alternate or modified test to remediate a 90-day APFT failure. If the injury is so severe that a cadet is not physically able to take a regular 3-event APFT, the Director of DPE will make a determination as to whether the cadet will be required to remediate the testing failure or be recommended for a medical evaluation board.

If a cadet fails a 90-day retest, which he/she elected to take before the 90 day remediation period has elapsed, he/she will be considered a 90-day retest failure and may be recommended for separation.

SELECTED ATHLETE PROGRAM AND CORPS SQUAD TEAM ASSISTANTS

The demands of the athletic program require some varsity athletes (e.g., selected football, wrestling, and track members) to maintain greater body weight in order to enhance athletic performance. Although additional body weight may enhance sport-specific performance, it can degrade the performance of these athletes on the two-mile run event of the Army Physical Fitness Test (APFT). Therefore, for certain specified athletes the Selected Athlete Program (SAP) eliminates the physiological conflict between carrying additional bodyweight and meeting cadet standards on the two-mile run test. For further information, see the Selected Athlete Program Memorandum of Agreement.

Corps squad team assistants (managers, photographers, cadet trainers...etc.) do not compete and are required to test with their regiments during the Corps APFT. Corps squad managers who fail a Graded Record APFT will be enrolled in CPRP.



COMMANDANT'S PHYSICAL REMEDIATION PROGRAM (CPRP)

CPRP is a physical remediation program designed to remediate APFT failures and prepare cadets to pass the APFT. The goal of this program is to assist cadets in becoming intrinsically motivated to maintain their personal fitness. This is a developmental, not a punitive, program.

DPE will administer CPRP with the assistance of Regimental PDOs. The program is conducted on Regimental Intramural days from 1610-1730. Cadets will report for CPRP Monday, Wednesday and Friday or Tuesday, Thursday and Friday. Recommended workouts will be furnished to the cadets for the days they are not involved with the program. Cadets with valid cadet medical excusals will be screened by the DPE athletic trainers and placed into an appropriate special populations PT program. CPRP participation is mandatory and will have priority over ALL other cadet activities to include additional instruction (AI), trip sections, walking penalty tours, and other appointments, unless prior approval is provided in writing by the RTO.

Cadets who fail either their Fall or Spring record APFT will automatically be enrolled in CPRP. The Master of the Sword will review the enrollment list and the Commandant will approve the final candidates.

Corps Squad athletes will not be enrolled in CPRP. Like all cadets, they have 90 days to remediate an APFT failure with the DPE Testing Office. Remediation of Corps Squad athletes who fail the Fall APFT and are excused from CPRP becomes the responsibility of their Corps Squad coach. The Corps Squad coach must provide written counseling and a remedial physical training program for each cadet, which focuses on APFT weaknesses. Corps Squad cadets will submit their CS counseling form during their counseling by the DPE Testing Office, who will provide additional weekly CPRP workouts through PDOs. Corps Squad athletes must participate in a remediation program for a minimum of six weeks before taking a 90-day retest. The six weeks starts once they submit their CS counseling form and are formally counseled by the DPE Testing Office.

Corps Squad cadets who fail their Spring APFT during the month of April will be entered into SCPRP (Summer Commandant's Physical Remedial Program) and must remediate the failure by the end of STAP.

COMMANDANT'S ZONE OF CONCERN PROGRAM (CZCP)

The Commandant's Zone of Concern Program is a BTD-run physical fitness program designed to develop cadets who have been identified as marginal physical performers to a point where they can pass the APFT at an improved level of performance. CZCP meets on Regimental Intramural days from 1610-1730. Cadets will report for CZCP on Monday, Wednesday and Friday or Tuesday, Thursday and Friday. DPE's role is to provide educational guidance regarding sound physical fitness training programs when requested by the BTD.



Refer to the Commandants Physical Remediation Program, USCC Policy Memo 60-05, the governing document for CZCP. You can find this memo on the USCC Internal Webpage under USMA/USCC on-line Pubs.

INDOOR OBSTACLE COURSE TEST

The Indoor Obstacle Course Test is a Physical Program requirement for Third, Second, and First Class cadets and will generally be administered during the third week in January. Upper-class cadets enrolled in PE 117 (Military Movement) will take the IOCT with the Corps after the completion of lesson 12 in PE 117. Upper-class cadets in PE 117 are also required to take the IOCT in class to fulfill course requirements.

Corps Squad athletes are permitted to take the IOCT during the fall term. This test is intended to capture all Corps Squad athletes who will be “in-season” during the winter and spring seasons. Athletes who fail to take the fall IOCT “test-ahead” and athletes on a valid Cadet Medical Excusal (CME) during the fall “test-ahead” will take the IOCT with the Corps in January. Corps Squad team assistants (managers, photographers, cadet trainers...etc.) have the option and are encouraged to test ahead with their Corps Squad teams in the fall, but must be tested upon the completion of their respective regiment’s test in January. Only cadets with a valid CME and cadets who failed a previously scheduled IOCT will be permitted to take a Record IOCT make-up exam.

The IOCT is designed to evaluate a cadet's muscular strength and endurance, agility, coordination, balance, anaerobic capacity, and decision making skills while under pressure. The IOCT is administered in Hayes Gym and consists of 11 obstacles as depicted in Figure 3-1. The uniform is Gym Alpha; no personal or religious jewelry is authorized. A description of the IOCT obstacles/run follows:

1. The Start Line: Cadets must start from a standing position with one foot on the wood floor and the other foot on the end of a 40' wrestling mat.
2. The Low Crawl (Obstacle #1): From the start line, the cadet must move forward 10' and drop down to a prone position. The cadet must move headfirst and face down in a modified low-crawl technique through a tunnel 20' x 10' x 18".
3. The Tire Run (Obstacle #2): From a running start, the cadet must step through an alternating series of eight tires such that some portion of the foot touches the wooden floor inside each tire.
4. The Two-Hand Vault (Obstacle #3): With a running start, the cadet must simultaneously place two hands on top of a sideways mounted, 4' high vaulting horse and vault over it. A right or left flank vault is the only authorized vault and the cadet must land on two feet under control, facing in the direction of movement. No hurdle, handspring or twisting vault is allowed. Men may not touch any part of the vaulting horse. Women may touch other body parts on the vault such as the hips, legs, or knees, but may not twist during the landing.

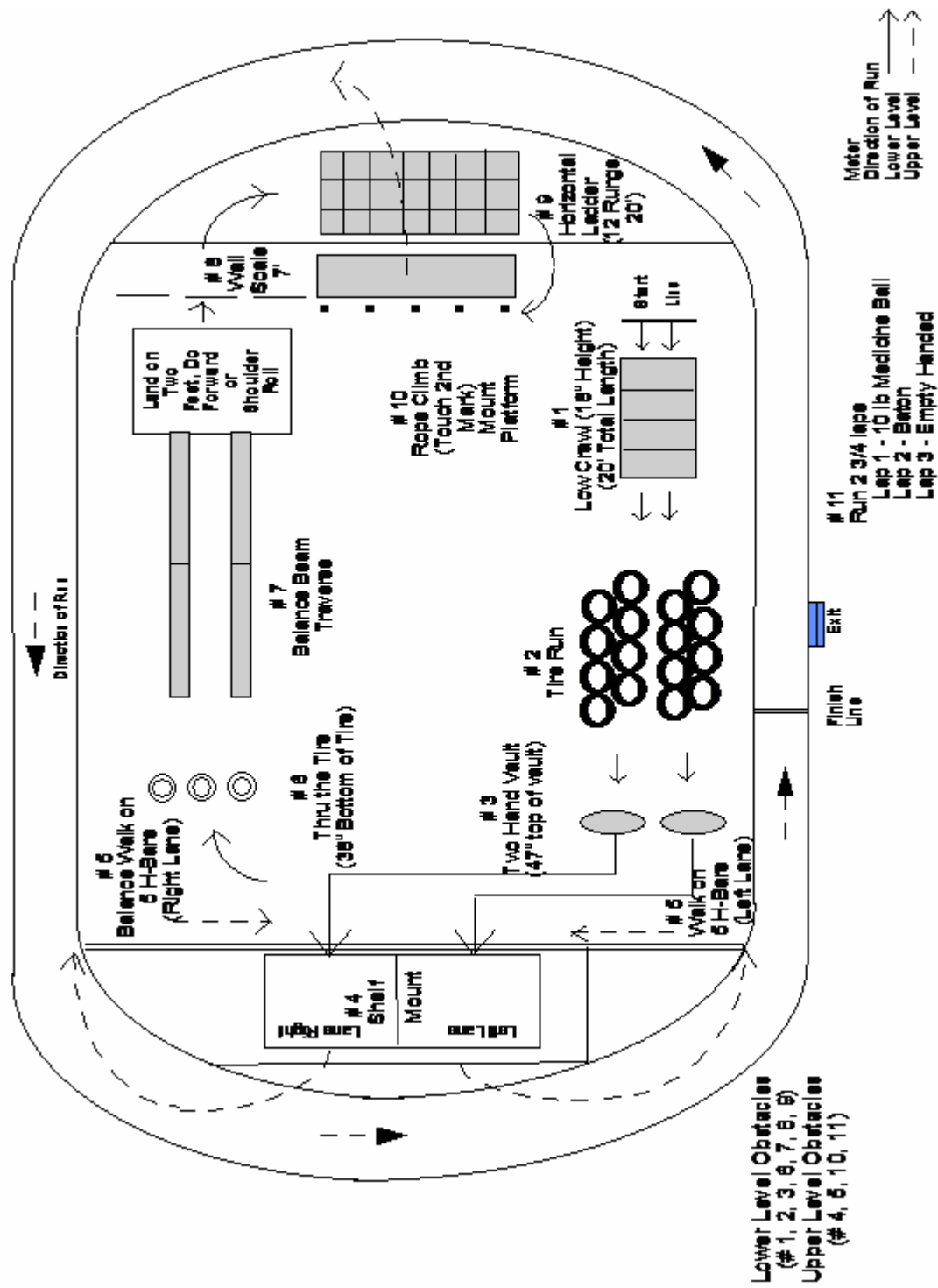


5. The Shelf Mount (Obstacle #4): The cadet must mount a 12' x 3' wooden shelf suspended 7' from the ground. The cadet may only touch the wooden portion of the shelf. Use of the black metal supports and/or a back pullover technique is not allowed. Cadets are authorized a boost to the shelf if they are unable to jump to a hanging support.
6. The Balance Walk on the Horizontal Bars (Obstacle #5): From the shelf, the cadet must climb over a 7' high railing onto a running track. The cadet must run approximately 35' and climb down to a succession of five, 6' long horizontal bars mounted 7' from the floor with vertical supports. After balance walking across the bars, the cadet must drop down to the floor and land under control.
7. Thru the Tire (Obstacle #6): From a running start, the cadet must grasp the top of a tire mounted 3' off the floor and jump feet first through its 18" opening. Diving through headfirst is unauthorized.
8. Balance Beam Traverse (Obstacle #7): The cadet must walk, jog or run the entire length of two successive balance beams. Upon reaching the end of the second beam, the cadet must jump off the beam from a spot beyond the last red tape line and land under control on two feet, then execute either a side, forward or shoulder roll.
9. The Wall Scale (Obstacle #8): With a running start, the cadet must scale a 7' high wall constructed of plywood. The cadet must land on two feet and may not use the horizontal or vertical metal supports for assistance in scaling the wall.
10. The Horizontal Ladder (Obstacle #9): The cadet must negotiate a horizontal ladder consisting of 14 rungs spaced 15" apart. The cadet must jump and hang on the first rung and suspend his/her weight from each rung while moving to the opposite end. Cadets are authorized a boost to the first rung if they are unable to jump to a hanging support.
11. The Rope Climb (Obstacle #10): Using any leg and hand method or hands only, the cadet must climb a 1.5" diameter cotton rope to a wooden shelf mounted 12' above the floor. The cadet must touch a red mark painted on the rope 4' above the shelf before touching any part of the shelf or the shelf supports. The cadet must maintain at least one hand on/above the red mark while mounting the shelf. The cadet must continue the test by climbing from the shelf over a railing and onto the running track.
12. Two and Three-Quarter Laps Run on the Track (Obstacle #11): The cadet must pick up an 8 pound medicine ball and run with it for one lap around the track. The ball must be held with two hands in front of the body. The cadet must drop the ball where it was secured and pick up a baton. The baton must be carried for one lap in a visible manner. After depositing the baton, the cadet must run empty-handed to the finish line.

Administration dates and scoring standards for the IOCT are in the *DPE Fitness Testing Information Booklet* as well as on the DPE Internal Testing Web Site.



Indoor Obstacle Course Test





MEDICAL EXCUSALS AND THE IOCT

Cadets on a medical excusal that prevents them from taking the standard 11-obstacle IOCT during the regular January testing cycle will be scheduled for a makeup IOCT test date. Cadets on medical excusal will be tracked until the last make-up IOCT is administered during the first week of May. If the cadet is unable to take the last make-up test, he/she will be declared a “No Credit”. No Credit cadets will have 12 months from their original IOCT test date to make up the no credit test. This make up test must occur during a scheduled DPE IOCT test administration. After 12 months this no credit reverts to an “F” grade. As described in Chapter 8 – Summer Term Programs, cadets who are no credit in two of three (APFT, IOCT, APFT) physical fitness tests during the academic year will be remanded to STAP/SCPRP.

There is one alternate test option for the standard 11-obstacle IOCT. Cadets on a medical excusal, which precludes them from performing the horizontal ladder obstacle but permits performing push-ups, will be required to perform 14 push-ups after successfully negotiating “the wall” and prior to attempting “the rope climb” in lieu of performing the horizontal ladder obstacle. All other events of the IOCT must be performed in the appropriate sequence.

THE INDOOR OBSTACLE COURSE (IOCT) TAB

To qualify for the IOCT TAB a cadet must score an A- or above on the IOCT (Men: 2:38 or faster, Women: 3:35 or faster).

Cadets are authorized to wear the IOCT TAB on the right thigh area of Gym Alpha shorts and sweat pants. The proper manner to wear the TAB is shown in the *DPE Fitness Testing Information Booklet*.

If a cadet fails the IOCT, a previously awarded IOCT TAB will be removed and the cadet must earn the TAB again.

A cadet cannot earn an IOCT TAB by taking an alternate test.

THE INDOOR OBSTACLE COURSE SAP STANDARDS

Cadets enrolled in the Selected Athlete Program will take the standard 11-obstacle IOCT. SAP cadets will be graded using the SAP IOCT Grade Scale (*DPE Fitness Testing Information Booklet*).

SAP cadets are allowed to fail up to two events and still pass the IOCT as long as the overall time is below 6:15 for men and 8:14 for women.

The SAP IOCT Grade Scale only applies to Second and Third Class SAP athletes. First Class cadets who were removed from the Selected Athlete Program following their last intercollegiate competition will execute the standard 11-obstacle IOCT and will be graded on the regular IOCT



scale. These cadets have the option to take the IOCT in January with their Regiment or during any Spring Term regularly scheduled make-up test.

IOCT REMEDIATION PROGRAM

All cadets who fail the initial IOCT retest will be counseled in writing by a DPE testing officer. DPE will administer the initial IOCT retest on the Friday afternoon immediately following the Record IOCT test week. The intent of this retest is to distinguish between those cadets who need to improve a fitness and/or skill deficiency versus those cadets who merely missed the time standard due to an error or misstep. Cadets who pass the IOCT retest IAW the normal IOCT standards will not enter into the IOCT Remediation Program; however, their academic grade of “F” will stand. Corps Squad athletes who fail a record IOCT will not attend IOCT remediation but are still required to remediate their failure(s) at the next available IOCT make-up test. Corps squad team assistants (managers, photographers, cadet trainers...etc.) do not compete and are required to test with their regiment during the Corps IOCT. Corps squad managers who fail a Record IOCT will be enrolled in the IOCT Remediation Program.

Cadets who fail a record IOCT and do not remediate their failure on the Friday retest will be enrolled in the IOCT Remediation Program. The Remediation Program consists of two components. One component is a muscular strength/endurance regimen designed by DPE to specifically improve IOCT performance. The second component consists of additional instruction (AI) sessions designed to improve obstacle negotiation techniques and will be conducted every Friday afternoon in Hayes Gym from 1610 - 1810. DPE will conduct these sessions until the second IOCT retest, which occurs approximately four weeks after the record IOCT and one week before the beginning of the spring intramural season.

IAW USCC SOP, cadets who fail the Record IOCT will have their driving privileges suspended and they will not be eligible to depart post on routine weekend passes, voluntary extracurricular trip sections, walking privileges, or Off-Post Privileges. There will be no involvement in competitive club sport activities that coincide with AI sessions. Cadets may only regain their privileges by passing a DPE administered IOCT retest.

IOCT retests will be administered monthly through the end of Term 2. The last record IOCT will occur on or about 1 MAY. Cadets who pass an IOCT retest will regain their privileges and be removed from the IOCT Remediation Program. Cadets who fail will continue to conduct the DPE-prescribed muscular strength/endurance training program during cadet discretionary time, and continue remediation with a loss of privileges until the end of the spring intramural season. With the exception of AI and IOCT retest sessions, all IOCT failures will participate in the spring competitive sport season, whether in corps squad, competitive club, or company athletics.

The names of First Class cadets who do not pass a record IOCT by the last make-up will be forwarded for discussion as a graduation risk. All rising Second and First Class cadet IOCT



failures who are unable to remediate by the last record IOCT on or about 1 MAY will be remanded to SCPRP. These cadets will participate in a 4-week physical conditioning/movement program during SCPRP designed to improve IOCT performance. A Record IOCT will be administered on the last Friday of SCPRP.

APFT/IOCT “No Shows”

Every cadet will complete a graded record APFT administered by DPE during each academic term. Every cadet will complete a graded record IOCT administered by DPE during each academic year (4th Class cadets take their record IOCT during the PE117 course). All cadets, including cadets on medical excusal, are required to report to the testing site for each and every test, at the designated time in the appropriate uniform. Cadets on medical excusal will present proper documentation to the DPE Sports Medicine Staff at the test site, who will determine if the cadet takes an alternate test, is scheduled for a make-up test, or becomes a test “no credit”.

The only exception to this policy is for cadets on crutches. These cadets will report directly to the DPE Testing Office on the third floor of the Arvin Cadet Physical Development Center, and must present proper documentation to the Training Technician to be scheduled for a make up test or to be classified as “no credit”. Any cadet who has not completed a “test ahead” and who is not authorized to be absent (approved trip section, hospitalization, assigned guard duty...etc.) but fails to show up for a record APFT or IOCT will receive a grade of “F” (zero points) for that test. “No show” cadets may be placed in CPRP or IOCT remediation until the test is made up. “No show” cadets who test at one of the subsequently scheduled DPE makeup APFTs/IOCTs during that academic term will receive a full letter grade deduction on their make-up test score, which will replace the previously assigned “F” for that test; however, they may lose credit for competitive sport participation in club or company athletics, depending on the length of remediation. Additionally, disciplinary action IAW USCC SOP will be recommended.

Corps squad team assistants (managers, photographers, cadet trainers...etc.) do not compete and are required to test with their regiments during the Corps’ fall and spring APFT and the IOCT (if they have not completed the fall “test ahead” IOCT).



CHAPTER 4

COMPETITIVE SPORTS

DEVELOPING LEADERS OF CHARACTER THROUGH SPORT

The mission of West Point is to provide the nation with “*leaders of character.*” The ultimate test of military leadership is in combat. On the athletic fields and courts, company, competitive club, and corps squad athletes encounter some of the conditions and circumstances resembling those that they may face in combat. This concept was recognized by General Douglas MacArthur when he stated “Upon the fields of friendly strife are sown the seeds that upon other fields, on other days, will bear the fruits of victory.”

Athletic participation is an ideal laboratory environment for cadets to develop leadership skills. When properly designed and implemented, and based on the principles of fair play, athletic participation contributes significantly to the mission of the Academy. When refined through practice, athletic participation supports the development of traditional Army Values –duty, honor, integrity, moral and physical courage, loyalty, respect, and selfless service.

An underlying principle at West Point is “Every cadet an athlete, every athlete challenged.” Therefore, every cadet is required to participate in the competitive sports program during each academic term. There are three levels of competition: company athletics, competitive club team, and corps squad.

CHAMPIONS OF CHARACTER PROGRAM

The Competitive Sports Office has adopted the Champions of Character initiative to reinforce the values of respect, responsibility, integrity, sportsmanship, and servant leadership. A requirement for DPE sport educators and competitive club coaches is the completion of the Champions of Character certification course. This training is designed to assist coaches with developing athletes of character by incorporating value-based coaching into practices and games.

Beginning in academic year '07, the Competitive Sports Office will be awarding the “*Mike Krzyzewski Teaching Character through Sport Award*”. The Mike Krzyzewski Award recognizes significant contributions in the area of sport education. Each year awards may be given in two divisions: (1) Cadet Division (2) USMA Staff and Faculty Division. The recipient(s) shall have demonstrated outstanding leadership in creating an athletic environment that promotes and models the spirit of competition through respect, integrity, responsibility, servant leadership, and sportsmanship. The recipient(s) must be an individual of personal integrity who exemplifies devoted service to the development of “leaders of character” through athletic competition.



COMPETITIVE SPORTS DIVISION GOALS

Outcome Goals:

As a result of participation in the competitive sports program, cadets will:

- demonstrate respect for officials, coaches, opponents, and teammates.
- demonstrate responsibility for their actions as it contributes to the welfare of the team and the development of the warrior ethos.
- demonstrate integrity during sport competition.
- demonstrate sportsmanship by adhering to the highest standard of fair play.
- demonstrate servant leadership by demonstrating effective teamwork and by placing the needs of the team ahead of their own.
- demonstrate motor skill-related components of physical fitness.

Process Goals:

Participation in the competitive sports program and summer training will:

- provide challenging competitive sport experiences designed to promote the warrior ethos, Army Values, and moral-ethical decision making.
- provide a meaningful leadership experience for cadets.
- provide a safe environment and appropriate resources that facilitate effective program delivery.

COMPANY ATHLETICS PROGRAM

Cadets must participate in a competitive sport during each term. The Company Athletics Program provides every cadet an opportunity to participate for their company on an athletic team. Maximum participation is encouraged by requiring each cadet to compete in a minimum of half of each scheduled competition. The Company Athletics Program is lead by First Class cadets. Their primary responsibility is to utilize the sport experience as a leadership laboratory to develop athletes of character. Cadets-in-Charge and cadet coaches will teach skills and strategies, develop and ensure appropriate behaviors, and enforce the rules of the game and principles of fair play. *USCC Circular 28-1* provides details on the Company Athletics Program including: objectives, organization and administration, participation requirements, sport rules, eligibility criteria, Competitive Sport Index (CSI), and awards. The circular also addresses the Sandhurst competition and its relationship to the Company Athletics Program.

If a cadet becomes injured during the Company Athletics Program season, he/she will report immediately to the DPE Sports Medicine Office for evaluation and referral. If the DPE Sports



Medicine staff determines that the cadet can no longer fulfill his/her competitive sports requirement, the place of duty for the injured cadet during Company Athletics time is DPE reconditioning. All cadets will receive a CSI grade at the end of every term, including cadets in DPE reconditioning.

COMPETITIVE CLUB ATHLETICS PROGRAM

The Competitive Club Athletics Program provides an additional opportunity for cadets to compete in organized sport. *USCC Circular 28-1*, *USCC Regulation 28-1*, and the USCC SOP address all aspects of the Competitive Club Athletics Program to include: objectives, organization and administration, facility scheduling, authorizations, accountability, responsibilities, competition requests, and the CSI. All competitive clubs compete in accordance with the rules and regulations of their league or national governing body.

The Department of Physical Education is solely responsible for and has operational control over the administration of the Competitive Club Athletics Program. The Directorate of Cadet Activities (DCA) is responsible for providing administrative and financial support to the Competitive Club Program. The following specific responsibilities are delineated:

DPE Responsibilities

- Approve OICs
- Approve competitive club sport schedules
- Coordinate facilities for practices and home competitions
- Conduct a facilities support conference(s) to identify facility requirements
- Provide guidance to OICs to include technical and safety requirements
- Coordinate athletic participation in Competitive Club Athletics
- Approve Competitive Club Athletics authorizations (from Company Athletics)
- Recommend Competitive Club Athletics drill authorizations to the Commandant
- Brief OICs on the philosophical basis for having competitive club sport teams at the Academy
- Approve competitive club sport teams' budgets

DCA Responsibilities

- Provide administrative and financial support to the competitive club sport teams
- Submit requests for Competitive Club Athletics authorizations from Company Athletics and drill



- Reconcile Competitive Club Athletics rosters as approved by DPE
- Formulate and reconcile competitive club sport team budgets as approved by DPE
- Recommend approval/disapproval to competitive club requests for exceptions to the academy schedule and to USCC scheduled activities in coordination with DPE and the Office of the Dean as required.

Competitive Club Athletics, as outlined in *USCC Circular 28-1*, fulfill a cadet's term competitive sports baseline requirement through participation with their club. Every competitive club athlete must be listed on an official club roster maintained by DCA and receive authorization from DPE to participate in order to meet the term baseline competitive sport requirement. Cadets on the official team roster have no Company Athletic Program requirement for that semester. Each competitive club has a specified number of cadets who may participate. The Master of the Sword approves the number of athletes per competitive club based on minimum (ramp strength) requirements to sustain the Company Athletic Program.

Club OICs must lock-in their official team roster by COB on Friday of the first week of the academic semester to ensure accountability for athletic participation. If a cadet departs a club voluntarily or involuntarily, that cadet is still required to meet the baseline requirements through participation on a corps squad, competitive club, or company athletics team. Ultimately, it is the cadet's responsibility to ensure that he/she meets the athletic participation requirement for each academic term.

In-season competitive clubs may receive drill authorizations due to the necessity for all team members to be present to hold effective practices. The Commandant approves drill authorizations based on the unique training requirements of each sport (*USCC Circular 28-1*). Since competitive clubs fulfill the baseline competitive sports requirement, teams are normally authorized to practice during company athletics hours (1615-1815 hrs).

If a cadet becomes injured during the Competitive Club Athletics Program season, he/she will report immediately to the DPE Sports Medicine Office for evaluation and referral. If the DPE Sports Medicine staff determines that the cadet can no longer fulfill his/her competitive sports requirement, the place of duty for the injured cadet during Competitive Club Athletics time is DPE reconditioning. All cadets will receive a CSI grade at the end of every term, including cadets in DPE reconditioning.

CORPS SQUAD ATHLETICS

The Director of Intercollegiate Athletics (DIA) has responsibility for the conduct of the Corps Squad Athletic Program. *USMA Regulation 350-12* provides specific details pertaining to the administration and execution of the intercollegiate athletics.

Corps squad athletes fulfill their term competitive sports baseline requirement by participating with their team. Every cadet involved in a corps squad sport must be on the official team roster. Athletes on the official team roster have no Company Athletics Program requirement for that



semester. ODIA must lock-in their official team rosters by the first day of classes for each academic term to ensure accountability of athletic participation.

Corps squad athletes earn their respective grade for each term they participate in corps squad athletics for the entire term. If a cadet departs a corps squad team voluntarily or involuntarily, that cadet is still required to meet the baseline requirements through participation in competitive club or company athletics.

COMPETITIVE SPORTS INDEX (CSI)

The purpose of the Competitive Sports Index (CSI) is to provide a method for grading cadets for the time that they spend in their sport, as well as for their actual performance. CSI comprises 20% of the Physical Program Score. Each semester a Competitive Sports Index Term is calculated using a system that combines input from ODIA (corps squad), DCA (club), and DPE (company athletics). The CSI has three major components: athletic participation time (APT), athletic performance index (API), and athletic participation values (APV).

Baseline athletic participation time (APT) is determined by the amount of time each level of athlete (company, club, corps squad) participates in athletics each semester. For example, corps squad and competitive club team athletes participate in sport a minimum of five days per week for 16-18 weeks per semester. Company athletes participate two days per week for 10-12 weeks per semester (fall is the longer of the two seasons). Therefore, the APT component of the CSI is proportioned to the time engaged in athletics.

Cadet API is determined using team performance. Corps squad and club sport athletes' API is calculated using their teams' win-loss records. Company athletes are assessed similarly, using team rankings and fair play points within their regiments.

Cadets' athletic team conduct is assessed by the coach using the athletic participation values (APV).

Each semester the average of these three measures APT, API, and APV comprises each cadet's CSI.

Athletic Participation Time (APT)

	Level	Time-Exposures/Semester
A	Corps Squad	18 weeks x 5 days/week = 90 days + weekends
A-	Club Sports	16 weeks x 5 days/week = 80 days + weekends
B	Company Athletics	12 weeks x 2 days/week = 24 days



Athletic Performance Index (API)

Corps Squad and Club Sports

	Winning Percentage
A	.700
A-	.600
B+	.500

Note: Wins against either Navy or Air force add 10% to winning percentage (e.g., a team of .500 can still earn an A- if it beats Navy and Air Force). For teams that do not play Navy and/or Air Force, one or two “star” games may be designated against key rivals, i.e., RMC. These games must be identified in writing (memorandum or e-mail) and received by the DPE Competitive Sports Office prior to the team’s first intercollegiate competition.

Company Athletics

	Banker’s Trophy
A	1 st & 2 nd
A-	3 rd & 4 th
B+	5 th – 8 th

Note: Banker’s Trophy placing determined by win-loss record & fair play rankings

Athletic Participation Values (APV)

	Company Athletics	Club Sports	Corps Squad
A	.20	.20	.20
B+	.30	.30	.30
B	.50	.50	.50

Note: Forced distribution on upper limits only (e.g., no more than 20% of team may receive an A)

Calculation of Competitive Sports Index (CSI):

$$CSI = 1/3 APV + 1/3 API + 1/3 APT$$

Calculation of Physical Program Performance Score (PPS):

$$PPS = 50\% \text{ Coursework} + 30\% \text{ Testing} + 20\% \text{ CSI}$$

Participation in any of the Brigade Open events is voluntary and does not impact the CSI grade.



CORPS SQUAD TEAM ASSISTANTS

Corps Squad team assistants (i.e., non-playing managers, photographers, cadet trainers...etc.) must participate in a competitive sport for one full term each academic year. Serving as a Corps Squad team assistant and receiving an exemption from the competitive sport requirement for that term is a privilege. Cadets who serve as team assistants must meet minimum program expectations (i.e., be in good standing) in the Physical Program. Recommendations for team assistants must be submitted by the ODIA Chief of Team Support Operations to the Master of the Sword not later than the first day of classes for each academic term. After determining each recommended cadets' standing in the Physical Program, DPE will notify ODIA of each recommended cadets' eligibility for team assistant status and exemption from the competitive sport requirement for that academic term. The minimum Physical Program requirements for cadets to serve as team assistants (i.e., be in good standing) are:

- ≥ 220 total points and ≥ 70 points per event on their last record APFT
- ≥ 2.00 PPSC
- "D" or better on the last record IOCT
- Completion of all courses for the respective year group (i.e., no "No Credits")
- Not currently on a Cadet Medical Excusal – if a cadet is on a CME, their place of duty during competitive sports time is with the DPE Reconditioning Program



CHAPTER 5

GUIDANCE

GRADING PHILOSOPHY AND POLICIES

The foundation the DPE grading system is a commitment to evaluate cadets based on their achievement of announced course objectives. The goal is to challenge cadets to meet or surpass announced standards of performance and assign grades based upon their success. Once standards are established, the principal responsibility for performance rests with the individual cadet.

Instructors provide sound instruction, accurate measurement of cadet achievement, and a reasonable amount of additional assistance. Instructors strive to motivate and inspire cadets to achieve their full academic and physical potential. Beyond these obligations, the responsibility for academic and physical success or failure rests with each cadet.

To the extent consistent with the subject matter, instructors provide cadets with a statement of the objectives for each course. Cadets are evaluated against these objectives. Instructors avoid evaluation and grading practices that encourage reliance on curving.

Compiled numerically, letter grades ranging from A+ to F are the standard means of communicating academic achievement. Instructors promptly provide cadets an evaluation of each graded course requirement.

PHYSICAL PROGRAM PERFORMANCE SCORE (PPS)

The Physical Program Performance Score (PPS) is used to compute the performance of cadets in the Physical Program. The PPS, combined with the Academic Program Score (APS) and Military Program Score (MPS), comprises the Cadet Performance Score (CPS). The Cadet Performance Score (CPS) reflects a cadet's success in academic, military, and physical performance and equates to the graduation order of merit. The CPS formula is:

$$\text{CPS} = .55 (\text{APS}) + .30 (\text{MPS}) + .15 (\text{PPS}).$$

Three components comprise the Physical Program Performance Score for all cadets: instructional coursework, fitness testing, and competitive sports index (CSI). The formula is:

$$\text{PPS} = 50\% \text{ Courses} + 30\% \text{ Testing} + 20\% \text{ CSI}$$

A Physical Program Performance Score Term (PPST) and a Physical Program Performance Score Cumulative (PPSC) are computed at the end of every academic term. The Physical Program Performance Score Year (PPSY) is calculated at the end of the Academic Year and used to determine the Commandant's Award and for identifying cadets eligible for the Superintendent's Award. The PPSC is used to determine the number one male and female cadet



in physical performance over four years. Additionally, PPSC is used to determine the number one male and female cadet in physical performance for each class at the end of each academic year. Cadets must complete all Physical Program requirements for that year to be eligible for performance awards. The PPSC is also used to identify deficient cadets in the Physical Program.

PPSTs vary depending upon the courses taken during the respective term. Generally, there is a minimum of one course, an APFT, and a CSI grade for each term.

Deficiency Status in the Physical Program

Cadets are considered deficient in the Physical Program and subject to enrollment in STAP for any of the following reasons:

- Failure to meet the minimum year-group PPSC ‘peg’ point at the conclusion of the respective academic term. The following table presents the minimally acceptable PPSC for each year group by the end of the respective term:

TERM	YEAR	PPSC “PEG” POINT
Fall Term	4 ^o	-
Spring Term	4 ^o	1.80
Summer Term	4 ^o	1.80
Fall Term	3 ^o	1.90
Spring Term	3 ^o	2.00
Summer Term	3 ^o	2.00
Fall Term	2 ^o	2.00
Spring Term	2 ^o	2.00
Summer Term	2 ^o	2.00
Fall Term	1 ^o	2.00
Spring Term	1 ^o	2.00
Summer Term	1 ^o	2.00

- Failure of a DPE course.
- “No Credit” for two of three 4th Class DPE courses.
- “No Credit” for a 4th Class DPE course as an upperclassman.
- Failure of a Graded Record APFT, unless successfully remediated during the academic term on a 90-day APFT retest.
- Failure of a Graded Record IOCT, unless successfully remediated during the academic term on an IOCT retest.
- “No Credit” on two out of three DPE fitness tests. (“No Credit” is defined as: did not take a regular APFT/IOCT or alternate APFT for medical, leave, or other reasons).



USCC permits cadets who are deficient on their PPSC to participate in only one extra-curricular activity during any academic semester.

DPE Coursework Failures

Cadets who fail a DPE course are considered deficient in the Physical Program and must be reviewed by the Academic Board before remediation can occur. The Master of the Sword may recommend to the Academic Board that a cadet be separated with the right to re-exam or repeat the course. Cadets who fail the same course twice in the same academic year may be separated without the right to re-exam. The Department of Physical Education reserves the right to recommend deficient cadets for separation upon an initial course failure. This recommendation is based upon input from previous instructors and is approved by the Master of the Sword.

No Credit

Cadets will be classified as an academic no-credit if they are unable to complete a course during the appropriate academic year. The cadet will be tracked as a no-credit until the course is completed. Fourth Class cadets who are no-credit in two or more DPE 4th Class courses will attend STAP to resolve their no-credits. Cadets must resolve all no-credits to complete the Physical Program and graduate from the United States Military Academy. Cadets who receive a no-credit during the academic year are not eligible for the Commandant's or Superintendent's Award.

Cadets who are unable to complete a fitness test, generally due to illness or injury, will be classified as a testing no credit. Cadets will have 12 months to resolve the no credit status or the cadet will receive an "F" grade for that test. Any cadet who has no credit for a fitness test must make-up the test during a regularly scheduled DPE testing session. Cadets who have no credit in two of three fitness tests during one academic year will be remanded to STAP/SCPRP.

Procedure for Turnback Cadets

Turnback cadets are automatically placed under the Physical Program curriculum requirements of their new class. Turnback cadets must resolve any no credit under their old curriculum and/or complete all curricular requirements for their new curriculum. Exceptions are made for cadets who have already completed "like coursework" under their old curriculum. To ensure a cadet meets all graduation requirements, the DPE Guidance Office will manage these special cases. If a cadet meets all of his/her DPE requirements and is then 'turned back', he/she must fulfill the AY requirements of the new class. For example, December graduates must enroll in a Lifetime Sport, participate in a competitive sport (company, competitive club, or corps squad), and pass the Fall APFT. May graduates must take both the Fall and Spring APFTs, the IOCT, and participate in two competitive sport seasons, as well as complete a Lifetime Sport.



CHAPTER 6

PHYSICAL PROGRAM PERFORMANCE AWARDS

COMMANDANT'S AWARD

The Commandant's Award is earned by cadets who have demonstrated exceptionally outstanding performance in the Physical Program. To earn the Commandant's Award, cadets must:

- Achieve a PPSY ≥ 3.667 .
- Earn the APFB on at least one of two record APFTs.
- Be within body fat standards outlined in AR 600-9.
- Resolve all no-credits.
- Must take and pass the IOCT (no alternate).

The Commandant's Award is worn on the Gym Alpha uniform as prescribed by USCC SOP.

SUPERINTENDENT'S AWARD

The Superintendent's Award recognizes cadets who simultaneously achieve excellence in all programs (Physical, Academic, Military). To be eligible for either level of the Superintendent's Award, a cadet:

- must not have received an F or NC on any graded activity during the academic year to which the award pertains
- if on Cadet Medical Excusal (CME), must take a makeup APFT after coming off the CME before the next scheduled Graded Record APFT
- must take and pass the IOCT
- must not be enrolled in the Commandant's Physical Remediation Program
- must be within body fat standards outlined in AR 600-9

#1 CADET IN PPSC (MAN/WOMAN)

At the end of the academic year, the number one man and woman cadets will be identified for the rising upper three classes. The #1 cadet in each class must have completed all PE courses required of his or her year group. PPSC (computed to three decimal places) for the preceding years will be used to determine these cadets. In the event of a tie, the sequence for breaking the tie is as follows:

- Average of all testing scores
- Coursework
- CSI



At the end of the First Class year USMA will recognize the number one man and woman cadets in Physical Program performance over the four-year experience. PPSC (computed to three decimal places) will be used to determine these cadets. In the event of a tie, the sequence for breaking the tie will be PPSY in descending year order.

INDOOR OBSTACLE COURSE TEST TAB

To qualify for the IOCT tab, a cadet must score an A- or above on the IOCT. (Men: 2:38 or faster; Women: 3:35 or faster)

Cadets are authorized to wear the IOCT tab on the right thigh area of the Gym Alpha shorts and sweat pants. The proper manner to wear the tab is shown in the *DPE Fitness Testing Information Booklet*. If a cadet fails the IOCT, a previously awarded IOCT tab will be removed and the cadet must earn the tab again.

A cadet may not earn an IOCT tab by taking any alternate test. Cadets in the SAP program must meet the same IOCT tab time requirements (Men: 2:38 or faster; Women: 3:35 or faster) in order to earn the IOCT tab.

ARMY PHYSICAL FITNESS BADGE (APFB)

A cadet must achieve the following standards to earn the Army Physical Fitness Badge (APFB):

- Earn a 270 or above on the APFT.
- Earn 90 or more scale points on each event of the APFT (push-ups, sit-ups, and the two mile run). For badge purposes only, points scored above 100 on an event will not contribute to the overall point total.

Cadets are authorized to wear the APFB on the front right thigh area of the Gym Alpha shorts and running pants. The proper manner to wear the APFB is described in the *DPE Fitness Testing Information Booklet*.

To retain the APFB, a cadet must earn a 270 or higher and score at least 90 points in each event on subsequent APFTs.

A cadet may not earn the APFB by taking an alternate test.



CHAPTER 7

CADET SUMMER PHYSICAL TRAINING

The academic year Physical Program is complemented with an intense and progressive summer physical training program. This program is designed to prepare cadets for the physical demands of cadet/military service life and the combat environment. Summer field training provides each cadet repeated opportunities to apply principles learned during the academic year's physical education curriculum. Specifically, the summer training program integrates military and physical training. This integration provides a forum where cadets are taught to apply and model the knowledge, psychomotor skills, attitudes and behaviors which result in a sustained high level of physical fitness and enhanced combat readiness.

For the upperclass cadet cadre, the leadership roles at both Cadet Basic Training (CBT) and Cadet Field Training (CFT) provide opportunities to:

- Develop leadership skills through an exposure to a variety of physical training methods and experiences.
- Implement the Fitness Leader principles and skills acquired during the Fitness Leader I and II courses.
- Improve and maintain personal fitness levels and those of subordinates.
- Enhance unit morale, cohesion, and teamwork through rigorous physical activity and competition.

CADET BASIC TRAINING (CBT)

COMBATIVES I

CBT is the new cadet's initial exposure to the Army's physical training program. CBT integrates an intense and rigorous physical sequence designed to:

- Prepare cadets for the physical demands of the summer training program and the academic year's physical education programs through the introduction of combatives training (Combatives I).
- Introduce new cadets to the Army's physical conditioning program.
- Foster positive behaviors and attitudes toward physical fitness.
- Develop the attributes of leadership, character, teamwork, self-confidence, mental and physical toughness, and courage.

The physical training program of instruction for CBT is planned and monitored by the DPE to comply with the Commandant's guidance and intent. Implementation and execution of the CBT physical program is the responsibility of the upperclass cadet cadre.



CADET FIELD TRAINING (CFT)

INTRODUCTION TO FIELD FITNESS AND COMBATIVES III

Following the end of the Fourth Class year, rising Third Class cadets report to Camp Buckner for eight weeks of military field training. CFT is designed to be physically and mentally demanding, and simulates as realistically as possible, Army situations. Cadets experience how physical training is conducted in an Army unit in both garrison and field conditions. Additionally, cadets participate in combatives training (Combatives III).

Unlike CBT, the CFT physical training program is planned, implemented and executed by the upperclass cadet cadre. DPE provides expertise and guidance to assist the cadet leadership in the development of company physical training plans. To develop their company physical training plans, the cadet cadre use the Army physical fitness training doctrine described in FM 21-20. Additionally, the cadet leadership is expected to adhere to the concept of “METL Focused PT” taught by DPE during the academic year as part of the Fitness Leader sequence. The Brigade Tactical Department (BTD), and specifically the company tactical officer and noncommissioned officer, monitor the cadet cadre’s execution of their company’s physical training program.

In concert with the cadet company physical fitness training plans, DPE may also plan and supervise special physical training events during CFT. These physically and mentally demanding events are designed to challenge each cadet while fostering teamwork, mental and physical toughness, and a feeling of pride upon successful accomplishment.



CHAPTER 8

SUMMER TERM PROGRAMS

DPE SUMMER TERM ACADEMIC PROGRAM (STAP)

The DPE STAP begins during graduation week and runs for approximately four weeks. There are three objectives: (1) to remediate a course failure from the previous academic year, (2) to remediate all “No Credit” (NC) cadets who did not complete the DPE 4th Class curriculum, and (3) to remediate all PPSC deficient cadets. Cadets remanded to STAP are as follows:

- unremediated 4th Class course failures. Term 2 course failures are automatically remanded to STAP.
- rising 3rd Class cadets who have no credit in two or more 4th Class courses.
- rising 2nd and 1st Class cadets who have no credit in a 4th class course.
- cadets who failed to meet the minimum cumulative Physical Performance Score ‘peg’ point for his/her year-group and earned a ‘D’ or lower in a 4th Class course.

Cadets remanded to STAP who are on a Cadet Medical Excusal (CME) that extends into or through the STAP period are still required to attend STAP. Cadets on medical excusal will attend class sessions and participate to the limits of their CME and/or participate in a special populations PT program directed by DPE Sports Medicine to rehabilitate their injury or illness.

Courses offerings are based upon need. Course testing/grading is identical to the course requirements during the academic year. STAP grades are forwarded to the Office of the Dean as a replacement grade for the academic year course failures and are used to recompute the PPSC; however, the original “F” grade remains on the cadet’s transcript. Replacement grades only apply to academic coursework. At no time will a failing grade on a physical fitness test (APFT or IOCT) be replaced. Replacement grades that are earned when retaking an academic year course will appear on the transcript in the term the course was retaken. All cadets who are NC in a 4th Class course or are PPSC deficient based upon the PPSC ‘peg’ points listed in Chapter 5 must personally contact the DPE Guidance Office before making plans for term-end leave. STAP takes precedence over personal leave and other summer assignments, such as MDS, PIADs, and AIADs.

SUMMER COMMANDANT’S PHYSICAL REMEDIATION PROGRAM (SCPRP)

SCPRP is scheduled to coincide with STAP. SCPRP is 4-week physical remediation program designed to condition cadets who are deficient on the APFT and/or IOCT at the end of the academic year. The program has two components: 1- physical remediation to prepare a cadet to pass the APFT/IOCT, and 2 - Special Populations PT to prepare a cadet to successfully engage



the physical program, CFT, or a summer MDS. All deficient cadets will be remanded to SCPRP. A cadet will be classified as deficient and remanded to SCPRP if by the first day of STAP he/she has:

- Failed to remediate a fall APFT failure.
- Failed to remediate a spring IOCT failure.
- Failed the spring APFT.
- “No Credit” on two out of three DPE fitness tests. (“No Credit” is defined as: did not take a regular APFT/IOCT or alternate APFT for medical, leave, or other reasons.)
- Failed to meet minimum cumulative Physical Performance Score ‘peg’ point for his/her year-group.

PHYSICAL INDIVIDUAL ADVANCED DEVELOPMENT (PIAD)

Physical Individual Advanced Development (PIAD) provides a means to augment, broaden, and enhance the developmental experience of the baseline physical program. PIAD cultivates a cadet’s optimum physical capability and health; develops the ability to maintain and promote personal fitness; nurtures the qualities of initiative, physical and mental courage, perseverance, self-sacrifice, aggressiveness, and will-to-win; offers programs with variety and richness; and contributes to the development of attributes necessary for leadership. PIAD focuses on outdoor, multi-element activities that cannot be offered during the academic year and develops skills for a lifetime of participation in sport. Cadets are ineligible for a DPE PIAD if they fail to meet minimum standards on all DPE academic year coursework and testing (2 APFTs and 1 IOCT) by the end of the Spring Term.

PIAD COURSE DESCRIPTIONS

Each year DPE submits to the Directorate of Operations, Plans and Security (DOPS) the PIAD course offerings. These offerings are subsequently published, along with a brief description, prerequisites and point of contact, in the *Individual Advanced Development Opportunities Booklet*. Cadets follow the sign-up procedures as published by DOPS and USCC. Historically, consistent with budget and faculty availability, DPE conducts PIADs as follows.

PE 471 - Advanced Sport Development (ASD)

2.0 Credit Hours

Prerequisite: C+ or above in Fourth Class Swimming - PE 110 - 113

*Scope*

Advanced Sport Development is an intense physical program designed for cadets with an interest in total fitness, adventure sports and a comprehensive SCUBA diving experience. This two-week course is conducted in two phases. Phase one is the home-station portion of the training where cadets complete the confined water and academic portions of the National Association of Underwater Instructors (NAUI) Basic, Advanced, and Environmental SCUBA Diving Certifications. Additionally, cadets participate in a variety of applied sports and fitness activities to include mountain and road biking, kayaking, bouldering, snorkeling, and volleyball. The second phase of the course is conducted in Key Largo, Florida. While in the Keys, cadets complete 12-16 open water dives to include reef, deep, wreck, night, boat, drift, navigation, environmental, and rescue dives while working to complete their NAUI certifications. Cadets are assessed on their performance on all physical activities as well as comprehensive written SCUBA exams.

PE 472 -Outer Limits/Mountain Leader

2.0 Credit Hours

Prerequisite: None

Scope

This course provides an opportunity to develop sound mountaineering skills as well as to explore mental and physiological limits. Although leading rock climbs is the principal experience, cadets also participate in hill running, hiking, rescue techniques, and leader reaction. The course takes place at West Point and in the Shawangunk Mountains near New Paltz, NY.



CHAPTER 9

CENTER FOR PHYSICAL DEVELOPMENT EXCELLENCE

On 8 March 2000, the Commandant of Cadets authorized the creation of the Center for Physical Development Excellence (CPDE) within the Department of Physical Education. This decision supports the department's goal of creating a "Center of Excellence" which will provide advice, expertise and research to cadets, the Department and the Army.

VISION

The Center for Physical Development Excellence (CPDE) is focused on maximizing the physical development and well-being of cadets at the United States Military Academy. The CPDE is a state of the art research facility that utilizes the most advanced equipment and methods to produce cutting-edge research and associated applications to improve health and physical fitness in the Army. Research will focus on improving the physical development and well-being of the Corps of Cadets which will ultimately benefit the United States Military Academy and the Army.

MISSION

To provide the United States Military Academy and the United States Army with applied research that advances the body of knowledge and professional practice related to physical development, wellness, and ultimately military readiness.

FUNCTIONS

As a centralized coordinating center related to the physical development needs of the USCC and the Army, the CPDE performs a variety of functions that include, but are not limited to the following:

- Conduct research activities that focus on the anatomical, physiological, sociological, and psychological determinants and outcomes of physical development, performance, and movement in a variety of venues.
- Develop and disseminate information regarding principles and practices associated with optimal physical development and personal wellness.
- Develop model programs and create demonstration projects that promote physical development and wellness in military as well as civilian settings.
- Establish connections with other Army, Department of Defense, and federal agencies for the purpose of sharing information and collaborating on research and programmatic initiatives related to physical development and wellness.
- Develop a grants program for the procurement of funding to support programmatic and research initiatives related to activities of the Center.



CHAPTER 10

CADET PHYSICAL PROGRAM REVIEW BOARD (PPRB)

The PPRB convenes semi-annually during the late-fall and late-spring academic terms, and is designed to provide information to the Commandant of Cadets in preparation for end of term Class Committee and Academic Board proceedings. It is comprised of the Commandant of Cadets, Master of the Sword, Brigade Surgeon/Commander MEDDAC, and DPE Sports Medicine. Cadets with medical conditions that have or will preclude them from engaging in the Physical Program are addressed at the PPRB for appropriate action. This section establishes the procedures and responsibilities for the PPRB.

Responsibilities

The PPRB process is the responsibility of the Director of Operations, with Sports Medicine responsible for organizing and coordinating the PPRB for the MOS. The Testing Officer, Information Systems Officer (ISO), and Instructional Administration Chief work in conjunction with the Chief of Sports Medicine to ensure successful completion of the PPRB process.

PPRB Timeline

- NLT 30 November / 30 April: Sports Medicine briefs the Master of the Sword (MOS) on potential PPRB candidates based on information received from DPE (Testing, ISO, and Instructional Administration). The MOS screens the list of cadets and approves a current roster that will appear before the PPRB. The Chief of Sports Medicine publishes this roster to USCC, S-1, MEDDAC, and DIA to solicit input where appropriate.
- NLT end of TEE week fall and spring term: The PPRB convenes and the MOS presents each cadet case for discussion and recommendation for action. Possible PPRB COAs:
 - Medical Leave of Absence
 - Medical Evaluation Board
 - Recommendation for separation from the Academy under the provisions of the Fragile Cadet Policy (AR 210-26)
 - Medical Hold
 - Recommendation to the Class Committee/Academic Board for Turn-back or December Graduate status
 - Counseling by the TAC and / or DPE



PPRB Inclusion Criteria

Cadets who will be discussed during the PPRB process include:

- Cadets with a significant medical conditions
- Cadets on a long term medical excusal or multiple medical excusals which will prevent them from engaging in the Physical Program for more than 18 months (IAW AR 210-26)
- Cadets who demonstrate a pattern of obtaining medical excusals at times when DPE tests are given
- Cadets who entered the Academy with a pre-existing condition that is now preventing them from fully engaging in the Physical Program
- Cadets who may be given a permanent profile upon graduation
- Cadets who have a condition which may preclude them from being commissioned (IAW AR 40-501)
- Any other cadets of concern that the MOS deems appropriate.



Appendix: Acronyms

APFB—Army Physical Fitness Badge

APFT—Army Physical Fitness Test

API—Athletic Performance Index

APS—Academic Program Score

APT—Athletic Participation Time

APV—Athletic Participation Values

ASD—Advanced Sport Development

BIP—Basic Instruction Program

BTB—Brigade Tactical Department

CBT—Cadet Basic Training

CFT—Cadet Field Training

CME—Cadet Medical Excusal

CQC—Close Quarters Combat

CPDE—Center for Physical Development Excellence

CPRP—Commandant's Physical Remediation Program

CPS—Cadet Performance Score

CSI—Competitive Sports Index

CZCP—Commandant's Zone of Concern Program

DCA—Director of Cadet Activities

DPE—Department of Physical Education



IOCT—Indoor Obstacle Course Test

LTS—Lifetime Sports

MDS—Military Development School

MOS—Master of the Sword

MPS—Military Program Score

ODIA—Office of the Directorate of Intercollegiate Athletics

PIAD—Physical Individual Advanced Development

PPMRP—Physical Program Medical Review Process

PPRB—Physical Program Review Board

PPS—Physical Program Performance Score

PPSC—Physical Program Performance Score Cumulative

PPST—Physical Program Performance Score Term

PPSY—Physical Program Performance Score Year

RTO—Regimental Tactical Officer

SAP—Selected Athlete Program

SCPRP—Summer Commandant's Physical Remediation Program

STAP—Summer Term Academic Program

USCC—United States Corps of Cadets

USMA—United States Military Academy